

# **GENERAL RULES OF NORTH CAROLINA SWIMMING, INC.**

*Revised: October 07, 2018*

## **TABLE OF CONTENTS**

<b>SECTION</b>	<b>PAGE</b>
ARTICLE 201: GLOSSARY OF TERMS .....	2
ARTICLE 202: MEET SCHEDULING PROCESS.....	4
ARTICLE 203: MEET ENTRY FEES .....	6
ARTICLE 204: SANCTIONS/APPROVALS .....	7
ARTICLE 205: REQUIRED MEET REPORTS.....	10
ARTICLE 206: MEET ANNOUNCEMENT .....	11
ARTICLE 207: MEMBERSHIP, SANCTION, AND APPROVAL FEES .....	12
ARTICLE 208: THE COMPETITION .....	14
ARTICLE 209: OFFICIALS AND OFFICIATING .....	16
ARTICLE 210: AGE GROUP PROGRAM .....	16
ARTICLE 211: TRAVEL FUND .....	23
ARTICLE 212: RECORDS .....	27
ARTICLE 213: NCS ALL STAR CRITERIA .....	28
ARTICLE 214: FACILITY USE SURCHARGE .....	29
ARTICLE 215: MISCELLANEOUS .....	30

## ARTICLE 201: GLOSSARY OF TERMS

**AGE GROUP** - The class of competition with some age restriction. Also, a grouping of swimmers by age. See [Article 210](#) for currently recognized NCS age groups.

**AGGREGATE RELAY TIME** - Times achieved by four swimmers in individual events which are added together to arrive at a relay time for entry purposes.

**APPROVAL** - A permit issued by USA Swimming to conduct a meet in conformance with USA Swimming technical rules in which both USA Swimming members and non-USA Swimming members may compete. A designated USA Swimming official must be present and attest that the conduct of competition conforms to all relevant USA Swimming rules and swim meet requirements in order for times to be used as USA Swimming qualifying times. Approval may be withheld or revoked at any time.

**APPROVED MEET** - A meet conducted in conformance with USA Swimming technical rules in which both USA Swimming members and non-USA Swimming participants may compete and their times be used as USA Swimming qualifying times. A designated USA Swimming official present at the meet must attest that the conduct of competition conformed to all relevant USA Swimming rules and swim meet requirements in order for times to be used as USA Swimming qualifying times.

**ATTACHED** - A USA Swimming athlete member who represents a USA Swimming club member in a meet after meeting the requirements of USA Swimming Article 302.

**BOARD OF DIRECTORS** - The group that manages the affairs of NCS between meetings of the House of Delegates. See NCS Bylaws, [Article 605](#).

**CLOSED COMPETITION** - A competition open only to members of one organization or group. (i.e., an intrasquad, Y or league Meet).

**CLUB** - An organization which has been accepted for membership by USA Swimming and operates on a year-round basis.

**COURSE** - Designated distance over which competition is conducted.

**LONG COURSE METERS** - 50 meters (55 yards to be recorded as 50 meters).

**SHORT COURSE METERS** - 25 meters.

**SHORT COURSE YARDS** - 25 yards

**OPEN WATER COURSE** - As sanctioned, approved, or observed.

**EVENT** - A race or series of races in a given stroke and/or distance. For competitive limits, one event equals one record attempt against time, one-time trial, one timed final, one preliminary, or one preliminary plus its related final.

**EX OFFICIO** - A member of a body (the board of directors or committee) who is part of it by virtue of holding another position.

**FINAL** - Any single race that determines final places and times in an event.

**HOUSE OF DELEGATES** - The group comprised of athletes, clubs, coaches, officials, volunteers, other representatives, and their officers that manage the affairs of NCS. See [NCS Bylaws Article 604](#).

**INITIAL DISTANCE** - That portion of a race for which an official time may be recorded, but which is not in itself a completed event.

**INVITATIONAL COMPETITION** - A competition for only those athletes, clubs, and organizations invited by the meet host.

**LSC (LOCAL SWIMMING COMMITTEE)** - An administrative division of USA Swimming with supervisory responsibilities within certain geographic boundaries designated by USA Swimming.

**MEET** - Competition, clinic, exhibition, Swim-a-thon, benefit, or other event or series of events where amateur swimmers compete, demonstrate, or exhibit.

**NCS, legally incorporated as North Carolina Swimming, Inc.** - The LSC for swimming in the state of North Carolina, as defined in USA Swimming Rules and Regulations.

**NCS HANDBOOK** - The official compilation of NCS Bylaws and Rules that defines and organizes the swimming program for North Carolina Swimming.

**NGB (National Governing Body)** - An organization that is responsible for the conduct of a particular sport in the United States. The NGB for swimming in the United States is USA Swimming.

**OBSERVED SWIM** - A swim observed by assigned USA Swimming officials for conformance with USA Swimming technical rules in a meet conducted under non-USA Swimming Rules.

**RACE** - Any single swimming competition; e.g., preliminary, final, timed final.

**SANCTION** - A permit issued by USA Swimming to conduct a meet in conformance with all USA Swimming Rules. Any Sanction may be withheld or revoked at any time. See [Article 204](#).

**SANCTIONED MEET** - A meet conducted in conformance with all USA Swimming rules. See [Article 204](#).

**SEASONS** - There are two competitive swimming seasons within each year: May through August, referred to as Long Course Season or Summer Season, and September through April, referred to as Short Course, Spring, Winter, or Fall Season.

**SENIOR** - The class of competition without any age restriction.

**SPLIT TIME** - Time recorded from official start to completion of an initial distance within a longer event.

**TEAM RELAY TIME** - A time achieved in a relay event by four members of a club/organization.

**UNATTACHED** - A USA Swimming athlete member who does not represent a USA Swimming club member.

**USA SWIMMING** - The National Governing Body for swimming in the United States and legally incorporated as United States Swimming, Inc. USA Swimming is responsible for the conduct and administration of swimming in the United States and affiliated with the Fédération Internationale de

Natation Amateur (FINA), the international federation for aquatics, through United States Aquatic Sports, Inc. (USAS).

USA SWIMMING RULES AND REGULATIONS - The Official Rules and Regulations of USA Swimming

## ARTICLE 202: MEET SCHEDULING PROCESS

### 202.1. SCHEDULING

- .1 Except when the House of Delegates determines otherwise by a 2/3 majority, the schedule for each short course season (September through approximately April) shall be approved at the corresponding House of Delegates meeting the previous Spring and the schedule for each long course season (approximately May through August) shall be approved at the corresponding House of Delegates meeting the previous Fall.
- .2 The Technical Planning Committee shall develop a framework for the appropriate future season schedule. The framework shall include target dates for all meets at all levels of North Carolina Swimming and protected dates. The framework shall begin with national, zone, and sectional meet dates and provide for logical progressions toward season culminating events for all levels of NCS swimmers.
- .3 A protected date is a date where no additional NCS sanctioned meets open to a particular level of swimmer may be subsequently added to the schedule. Saturday and Sunday of any weekend for the following events on the scheduled NCS calendar will be protected dates for which no meets shall be sanctioned or approved except as noted.
  1. Regularly scheduled HOD meetings
  2. NCS SC 14 and Under and Senior Championships Meets
  3. NCS LC 14 and Under and Senior Championships Meets
  4. NCS Open Water Championships

Closed championships are exempt. Meets may be awarded on the dates of events 2 or 3 for swimmers who are ineligible to compete in the protected meet.

The BOD may approve meets on protected weekends that do not detract from attendance at the protected event.

In the year of Olympic Trials, a meet may be sanctioned with the support of the National Team Director during the protected date of the Open Water Championships if the meet is designed and sanctioned to provide a beneficial opportunity to swimmers participating in or are nearly qualified for the selection meet (minimum of Winter Junior time standard).

- .4 The Technical Planning Committee, shall post the scheduling framework to the North Carolina Swimming website at least forty (40) days prior to the upcoming House of Delegates meeting.
- .5 Based on the scheduling framework, the Technical Planning Committee shall solicit bids from member clubs and prepare a recommended schedule for consideration by the House of Delegates.
- .6 To bid for a meet, a club shall complete the current bid submission form (as prepared by the Technical Planning Committee). Submissions must be received 1 day prior to the Technical Planning

Committee meeting to set the calendar. This form shall include proposed dates, site, type of meet, tentative order of events and qualifying standards (if any), all proposed fees (including, but not limited to, entry fees, facility surcharges, travel fund surcharges, parking fees, spectator fees and any other NCS approved fees), and other relevant information about the meet.

- .7 For a meet that has been properly bid to remain on the schedule and sent to the House of Delegates, a representative of the host club must be present at the Technical Planning meeting.
- .8 At each appropriate House of Delegates meeting, the House of Delegates will approve, with possible modifications, the corresponding upcoming season schedule.
- .9 Once approved, the schedule shall be open to additional meets if any such meet does not conflict with a protected date. Any requests for additional meets must be submitted to both the technical planning committee and the sanctions committee prior to the appropriate sanction request deadline (30 days prior to the meet start date for closed, dual, tri or quad meets and 60 days prior the meet start date for all other type meets). Requests for additional meets that are made after the sanction request deadline shall be assessed a late fee in addition to the sanction fee as detailed in the summary chart in section 203.6. Meet requests within 8 days of the meet start date will not be considered. The Technical Planning Committee shall have the authority to approve or reject any additional meets submitted for scheduling approval. A club may appeal any rejection or fine to the Board of Directors.
- .10 After a meet has been approved as part of the schedule, material changes to information originally submitted in the bid submission form, including a change in venue or changes in fees that are mandatory and apply to all or virtually all participants, shall be submitted as soon as the changes are known to the Technical Planning Committee for approval.
  1. Technical Planning can either approve, reject or pass the request to the Board of Directors for approval.
  2. If the requested change is rejected by the Technical Planning Committee, the host can appeal the change to the Board of Directors. The Board of Directors can either accept or reject the requested changes.
  3. If the requested change is rejected by the Board of Directors, the host can appeal the decision through the Zone Appeals Process (ZAP).
  4. The team may also cancel the meet under the existing cancellation process.
- .11 Once the schedule is approved, any club who has had its bid approved is expected to run the awarded meet. If a club decides not to hold a meet, it may be subject to penalty, as indicated below:
  - A. For a Championship meet, if the club notifies the Technical Planning Committee at least 180 days prior to the first day of the meet, there shall be no penalty. If the notification is received less than 180 days prior, the club shall be fined \$500.
  - B. For other meets, if the club notifies the Technical Planning Committee at least 120 days prior to the first day of the meet, there shall be no penalty. If the notification is received less than 120 days prior, the club shall be fined \$200.
  - C. If the Technical Planning Committee determines that an awarded meet is not essential to the schedule, it may allow the club to withdraw its bid without penalty. For example, the approved

schedule may include 3 qualifying meets on a given weekend. Later, the Committee may determine that only 2 such meets are needed.

- .12 If a scheduled meet, considered essential to the schedule, is not going to be held by a club, the Technical Planning Committee is authorized to solicit bids from other clubs and make a recommendation for an alternate host to the Board of Directors for final determination of alternate host.
- .13 The approved schedule shall be prominently posted on the North Carolina Swimming website. Any additions to or withdrawals from the approved schedule shall also be posted in way that draws attention to the change.

202.2. SANCTION REQUESTS - The award of meet date(s) shall be for the purpose of scheduling and shall not affect in any way the sanction rules in Article 201. Dates not herein classified or restricted shall be open for sanction requests. Such requests shall not be unreasonably withheld and the reason(s) for any denial shall be given to the requesting entity within a reasonable amount of time. A majority vote by the NCS House of Delegates or Board of Directors can override a denied sanction request.

202.3. GEOGRAPHIC RESTRICTIONS Any Non-Championship meet of any classification may, at time of scheduling only, be restricted by the House of Delegates to clubs from a particular geographic area or particular clubs of NCS. Meets not approved by the House of Delegates at the scheduling meeting may, at time of sanction, be restricted to clubs from a particular geographic area of NCS or particular clubs.

202.4. TYPES OF MEETS Meets are classified according to the following:

- .1 Qualifying Time Standards: As established by the NCS House of Delegates or Board of Directors.
- .2 Age: Senior or Age Group
- .3 Course Type: Open Water, Long Course Meters, Short Course Meters, or Short Course Yards

202.5. CURRENT SCHEDULE The current NCS meet schedule is posted at the NCS website.

## **ARTICLE 203: MEET ENTRY FEES**

### **203.1. Non-Championship Meet ENTRY FEES**

Entry fees may be set at the discretion of the meet host as outlined in the meet bid.

203.2 Championship Meet Entry Fees - The maximum allowable entry fee for NCS Championship meets is as follows:

Short Course (Sr & AG): \$4.00 individual, \$8.00 relay  
Long Course (AG): \$6.00 individual, \$10.00 relay  
Long Course (Sr): \$8.00 individual, \$12.00 relay  
Facility/swimmer surcharge may not exceed \$10.00 for short course or \$15.00 for long course

203.3. FEES FOR LATE ENTRIES - The fees charged for late entries are limited to no more than double the amount listed for on-time entries in the respective meet's announcement.

203.4 NON-NCS REGISTERED ENTRANTS Meet hosts may charge non-NCS registered entrants an

additional one dollar (\$1.00) per individual entry and an additional two dollars (\$2.00) per relay.

*[Note: See Article 211 for Travel Fund Surcharge and Article 214 for Facility Surcharge.]*

## ARTICLE 204: SANCTIONS/APPROVALS

204.1. USA SWIMMING REQUIREMENTS. Swimming meets (e.g., competitions, clinics, exhibitions, Swim-a-thons, benefits, or other events where amateur swimmers compete, demonstrate, or exhibit) must generally be sanctioned. Sanction applicants must be familiar with the USA Swimming Rules and Regulations, Part II, Article 202, 202.1, 202.2, and 202.3 covering Jurisdiction, Requirements, and Conditions that are a part of the Sanction Application. Sanctions are issued, withheld or withdrawn in accordance USA Swimming Rules and Regulations, Article 202. Special attention is called to the following provisions:

- .1 No sanction shall be issued to any organization whose interest is solely commercial or profit motivated.
- .2 United States Swimming, Inc. herein referred to as USA Swimming, must be recognized and conformed to as the sole governing body for the sport of swimming.
- .3 All swimmers competing in a sanctioned meet must be registered members of USA Swimming. USA Swimming Registration identification number must accompany each swimmer's entry
- .4 Sanctions are not transferable.
- .5 The word 'Olympic' shall not be used except that the term 'Junior Olympics' may be used for the NCS Long Course and/or Short Course 18&Under LSC Championships.
- .6 Liability and property damage clauses releasing USA Swimming and North Carolina Swimming must appear on all entry forms.
- .7 Sanctions will be withheld from teams that have outstanding fines or meet reports that are overdue. Meets already sanctioned will not be withdrawn for these reasons.
- .8 Sanctions may be withheld or withdrawn.

204.2. Time Trials - The purpose of Time Trials is to provide an opportunity for swimmers to achieve times. Time Trials are a race for time, not necessarily a competition between individuals. Time Trials conducted as an accessory to sanction or approved meet may be offered subject to the following:

- .1 When the Time Trial is a part of a regularly scheduled and sanctioned/approved meet, Time Trial information shall be a separate section/paragraph in the corresponding Meet Announcement, but may have separate meet director and/or meet referee. Time Trials will pay a separate sanction fee and receive a separate sanction number.
- .2 Time Trials will be offered at the discretion of the Meet Referee
- .3 Entrants in Time Trials must be entered in the meet.
- .4 Daily or meet entry limits will be stated, and must not exceed entry limits mandated by USA Swimming.

- .5 The time and place for the Time Trials will be stated in the Meet Announcement and must be planned to not interfere with meet warm-ups, breaks, and competition.
- .6 All USA Swimming Rules will apply to Time Trials.

#### 204.3. SANCTION/APPROVAL REQUEST PROCEDURE

- .1 Meets - For swim meets other than closed, dual, tri or quad meets, prior scheduling approval is required except as provided in Article 202. At least sixty (60) days before the meet, the meet host must submit a sanction/approval request to the sanctions committee. The sanction request shall include:
  - A. Meet announcement Sheet. See Article 206 for required information.
  - B. Order of Events.
  - C. Appropriate Fees. **See Article 207.**
  - D. Any additional information required by the sanctions committee.

Note: Meet hosts should submit the meet sanction request IMMEDIATELY after the meet has been scheduled by the NCS House of Delegates or Board of Directors.

- .2 Closed, Dual, Tri or Quad Meets – For closed, dual, tri, or quad meets, the meet host must submit a sanction/approval request with the same information detailed above in section 204.3.1 at least thirty (30) days prior to the meet start date.
- .3 The sanctions committee shall consider the request promptly and, if approved, will issue a sanction.
- .4 The sanctioning process should be completed within thirty (30) days.
- .5 USA member swim clubs may not host Approved meets unless approved by the House of Delegates at the scheduling meeting or the Board of Directors. USA Swimming clubs hosting closed league meets are exempt from this requirement.

#### 204.4. SANCTION FEES **A list of sanction fees is listed in Article 204.6.**

#### 204.5. OTHER FEES AND FINES

- .1 Sanction/Approval requests shall be subject to a late fee, assessed by the Sanction Chair, or designee, that must be paid in addition to the sanction fee.
  - A. A sanction/approval request for a meet, other than a closed, dual, tri or quad meet, for which prior scheduling approval has been given but is not received at least sixty (60) days prior to the meet, a late fee of two hundred dollars (\$200.00) in addition to the sanction fee shall be assessed.
  - B. If a sanction/approval for a closed, dual, tri or quad meet, is not received at least thirty (30) days prior to the meet, a late fee of fifty dollars (\$50.00) in addition to the sanction fee shall be assessed.

- C. If Meet announcement is changed after the sanction/approval is granted without Sanction Committee approval; the sanction chair may fine the host team the late fee. The sanction chair can revoke the sanction/approval if deemed necessary.
- .2 The initial meet recon is due at least 7 days prior to the start of the meet. If additional athletes are added to the meet after the initial recon, a second recon must be sent 2 days prior to the start of the meet. If the recons are not provided in the timeline specified, the host shall pay a \$500 fine. Future sanctions for the team shall not be approved until the fee is paid. NCS Championship meets are exempt from this requirement
- .3 The Sanction Chair or designee shall assess a fine of one hundred dollars (\$100.00) or less for willful violation or neglect of the provisions of this article. The assessment of such a fine may be appealed according to NCS Rules and Bylaws.

#### 204.6 Summary Chart: Sanction Fees/Late Fees

Meet Type	Scheduling Required*	Sanction Request Due**	Sanction Fee	Late Fee: Scheduled Meets	Late Fee: Unscheduled Meets
Intrasquad	No	30 days prior to meet start	\$10	\$50	\$100
Dual/Tri/Quad	No	30 days prior to meet start	\$10	\$50	\$300
Closed League	No	30 days prior to meet start	\$10	\$50	\$300
All Other	Yes	60 days prior to meet start	\$10	\$200	\$300

\* While not all classes of meets are required to be on the technical planning schedule, NCS strongly encourages clubs to include all meets on the schedule. Submitting sanction or approved meet requests for unscheduled meets after the deadline results in higher late fees.

\*\* Sanction Requests for both scheduled and unscheduled meets are due by the deadline.

## ARTICLE 205: REQUIRED MEET REPORTS

205.1. ATHLETE EXPENSES Within ten (10) days of the completion of the meet, report any payment of money or anything of value given directly or indirectly to any swimmer competing in a sanctioned event. The report must be filed in accordance with USA Swimming Rules and Regulations, Article 202, 202.2.8

205.2 FINANCIAL REPORTS Within thirty (30) days of the completion of the meet, file a complete financial report detailing income and expense with the General Chair, and Treasurer. Failure to mail the appropriate financial reports and payment to the Treasurer within thirty (30) days shall result in an automatic fine of \$100.00

205.3 RECEIPTS AND VOUCHERS Receipts and vouchers may also be required and must be submitted within fifteen (15) days after being requested by the General Chair, or Treasurer. Failure to mail the requested receipts and vouchers to the Treasurer may result in a fine of up to fifty dollars (\$50.00).

### 205.4. PAYMENT OF FEES

- .1 All fees and receipts, and surcharges due must be paid to the Treasurer within thirty (30) days after completion of the meet. Failure to mail the appropriate fees and/or receipts due may result in a fine of up to fifty dollars (\$50.00).
- .2 Travel Fund receipts are to be identified as 'Travel Fund.'
- .3 The Entry Fee Assessment of total entry fees for sanctioned and approved meets, is to be identified as 'Assessment Fee of Entry Fees' and must be paid according to the following schedule:
  - A. National Championships: 0%
  - B. Sectional and Zone Championships: 0%
  - C. Senior, Age Group and Senior/Age Group meets, year-round: 8%
  - D. Open Water Meets: 0%
- .4 Assessment of all per swimmer fees required for entry into sanctioned and approved meets in excess of \$13 (short course) or \$18 (long course): 8%
- .5 For any sanctioned meet where an entry fee is charged, the host is responsible for payment of the assessment fee of entry fees for each entry in the meet regardless of whether or not competitors from the meet host paid entry fees.

### 205.5. RESULTS

- .1 Required Items
  - A. Name of meet, date, site, and course (pool length)
  - B. Sanction number

- C. List of participating clubs and their corresponding club codes (abbreviations.) Meets must use the NCS Official Codes. Each unattached competitor must be identified with his LSC, place of residence, or club to which transferring.
  - D. All event results segregated by age groups and sex. Within each age group and sex, the results for each stroke shall be in the following order: freestyle, backstroke, breaststroke, butterfly, and individual medley followed by the relays.
  - E. Official preliminary, finals, swim-off, and re-swim times of all competitors in order from fastest to slowest and with all lead-off split times from fully automatic timing that can be used for National Qualifying, National Age Group Recognition, etc. The results of meets with slower than 'A' qualifying time standards must indicate all times that are 'A' or faster.
  - F. Ages of all swimmers in all individual and relay events in which the entrants may be more than two years apart in age, e.g. 13-18, 15-18, Senior, Open.
  - G. For meets with faster 'A' or faster qualifying time standards, the first and last names of all relay participants.
- .2 Recipients - Competition results must be provided within fifteen (15) days to all clubs and unattached swimmers that participated in the meet, the General Chair, the Age Group and/or Senior Vice-Chair as applicable and the Records Chair. Additionally, at meets where the qualifying times for US Olympic Trials, USA Swimming National Championships, USA Swimming Junior Championships, World Cup, or US Open are achieved, an electronic copy of the results should also be sent to the NCS Times Chair.
- .3 Fine - Failure to provide appropriate meet results within fifteen (15) days will result in an automatic fine of one hundred dollars (\$100).

## **ARTICLE 206: MEET ANNOUNCEMENT**

206.1. MEET EVENT INFORMATION A list of the information required in meet event announcement information is included in the Meet Director's Handbook. Descriptions of the facility included in the meet announcement shall accurately describe the portions, including warm up pool/ lanes, of the facility available for the competition, in the event that portions of the facility will not be made available to the competition.

### **206.2. FEES**

- .1 ENTRY FEES It is the decision of the meet host whether or not to refund entry fees, except that entry fees will be refunded whenever the host club cancels an event (individual or relay). Entry fees for events that are cancelled due to circumstances beyond the control of the Meet Host do not have to be refunded.
- .2 A list of the maximum fees allowable is in Article 203.

206.3. MAILING DATES The entry forms and event information sheet shall be mailed or otherwise distributed (including posting on the NCS website) at least thirty (30) or more days prior to the meet. Event forms and event information shall not be mailed or distributed until the event is sanctioned or approved.

**206.4 ENTRY DEADLINE** The entry deadline can be no earlier than ten (10) days prior to the first day of the swim meet.

**206.5 CHASE STARTS** Chase starts may only be conducted for 100 meter and longer events in 50M pools with starting platforms and water depths of 4' or deeper on both ends. The timing systems for both ends shall be identical and shall conform to USA Swimming primary timing system requirements. If chase starts are to be considered, the option should be declared in the meet announcement that is submitted for sanctioning.

The Meet Director and Meet Referee shall jointly make requests to add previously unapproved chase starts to a meet to the Sanctions Committee no later than 24 hours after the entry deadline. If the exception is approved, the information shall be communicated to teams entered in the meet within 24 hours of approval and entry fees shall be refunded to teams who decline to participate in chase start events. Conducting chase starts without prior Sanction Committee approval is considered a violation of NCS rule 203.5.1.C and is subject to penalties as stated.

**206.6 TWO PER LANE** Two-per-lane competition may only be conducted for freestyle events of 400M or longer in 50M pools with 9-foot-wide lanes. Swimmers may start from either end of the pool provided starting platforms and water depths of 4' or deeper are available on each end and identical, independent timing systems that conform to USA Swimming primary timing system requirements are operating for each heat. If two-per-lane competition is to be considered, the option should be declared in the meet announcement that is submitted for sanctioning. Information about lane width shall be included in the facility description

The Meet Director and Meet Referee shall jointly make requests to add previously unapproved 2-per-lane events to a meet to the Sanctions Committee no later than 24 hours after the entry deadline. If the exception is approved, the information shall be communicated to teams entered in the meet within 24 hours of approval and entry fees shall be refunded to teams who decline to participate in two-per-lane events. Swimming any events two-per-lane without prior approval is considered a violation of NCS rule 203.5.1.C and is subject to penalties as indicated.

## **ARTICLE 207: MEMBERSHIP, SANCTION, AND APPROVAL FEES**

**207.1. NCS AFFILIATED GROUP MEMBERSHIP** \$25.00 is the current annual NCS group membership fee plus the current USA Swimming required fees.

- .1 Leagues shall submit the names of their member clubs to the registrar when renewing registration. The registrar shall be notified of any changes in league membership during the year in writing. The list maintained by the registrar shall be the official membership list for the league.

### **207.2 NCS CLUB MEMBERSHIP**

- .1 **NEW CLUB MEMBERS - FEE:** \$25 plus the current USA Swimming required fees
- .2 **RENEWAL CLUB MEMBERSHIP:**
  - A. Head Coaches must renew their USA Swimming memberships concurrently with renewing their NCS Club Memberships.

B. CLUB MEMBERS must name athlete representative on registration form to renew club membership.

C. FEE - From 9/1 to 12/20 - \$25.00 plus the current USA Swimming required fees.

D. FEE - After 12/20 - \$130.00 plus the current USA Swimming required fees.

207.3 NCS YEAR-ROUND ATHLETE MEMBERSHIP \$10.00 is the current annual NCS Swimming athlete membership (registration) fee plus the current USA Swimming required fees.

207.4 NCS FLEX MEMBERSHIP \$10.00 is the current annual NCS Swimming flex membership (registration) fee plus the current USA Swimming required fees (effective 9/1/2018).

207.4 NCS SINGLE SEASON ATHLETE MEMBERSHIP \$10.00 is the current seasonal NCS Swimming athlete membership (registration) fee plus the current USA Swimming required fees.

207.5 NCS SINGLE MEET OPEN WATER ATHLETE MEMBERSHIP \$10.00 is the current NCS Swimming athlete membership (registration) fee plus the current USA Swimming required fees.

207.6 NCS INDIVIDUAL MEMBERSHIP \$10.00 is the current annual NCS Swimming non-athlete membership fee plus the current USA Swimming required fees.

#### 207.7 NCS COACH/JUNIOR COACH MEMBERSHIP

##### .1 NEW COACH/JUNIOR COACH MEMBER

A. FEE: \$10.00 plus the current USA Swimming required fees.

##### .2 RENEWAL COACH/JUNIOR COACH MEMBER

A. All certifications must be up to date before renewal application will be considered complete.

##### B. NCS COACH/JUNIOR COACH RENEWAL

1. FEE: From 9/1 to 12/20 - \$10.00 plus the current USA Swimming required fees.
2. FEE: After 12/20- \$50.00 plus the current USA Swimming required fees.

##### C. COACH/JUNIOR COACH RENEWAL (Non NCS)

1. FEE: \$10.00 plus the current USA Swimming required

207.8 OUTREACH MEMBERSHIP FEE - The current annual NCS Swimming Outreach membership fee is \$0.00 plus the current USA Swimming required fees.

207.9 Registration fees are non-transferrable. Change to a different level of membership will require a new registration fee.

#### 207.10. SANCTION and APPROVAL FEES

.1 National or Sectional Championships \$0.00

.2 Meets with no fees other than Travel Fund fees. \$0.00

- .3 All other meets \$10.00
- .4 Fees shall accompany requests for sanction or approval.

## **ARTICLE 208: THE COMPETITION**

208.1 CHAMPIONSHIPS Unless excepted herein, NCS Championships shall be held as specified in the USA Swimming Rules and Regulations, subject to available facilities and personnel.

- .1 The appropriate program committee (Senior/Age Group) shall coordinate the development of the meet announcement template for their respective NCS championship meets. The meet announcement and any changes shall be approved by the appropriate program committee (Senior/Age Group) and the Officials Committee. Any requests for changes must be made in writing to the appropriate program committee chair by no later than May 15 for long course championships and November 15 for short course championships.

208.2. TECHNICAL RULES Rules of competition outline for all swimming events in the USA Swimming Rules and Regulations: Technical Rules, Part I, Article 102 shall apply to all NCS sanctioned meets.

208.3. INDIVIDUAL SCRATCH RULE Swimmers shall inform themselves of the meet starting time and shall report to the proper meet authorities promptly upon call. The meet announcement shall specify all mandatory check-in and scratch deadlines and procedures.

- .1 Pre-Seeded Meets - Any swimmer not reporting for or competing in an individual timed final event shall not be penalized.
- .2 Events Seeded on the Deck - Any swimmer entered in an individual event that is seeded on the deck, in whole or in part, who has checked in for that event, must swim in the event unless the swimmer notifies the clerk of course before the seeding for that event has begun that the swimmer wishes to scratch or as noted in 208.3.4 A or D.. Failure to scratch prior to seeding and not swimming the event will result in the swimmer being barred from the next individual event in which the swimmer entered in the meet. Unless the meet announcement states otherwise, events seeded on the deck shall be closed for seeding no later than thirty (30) minutes prior to the start of the event except that individual events of 400 meters or longer may be closed for seeding up to twenty four (24) hours before the expected start of the event if the check-in/scratch deadline occurs after the beginning of the meet and is announced in the meet announcement.
- .3 Preliminary and Finals Events
  - A. Any swimmer not reporting for or competing in a pre-seeded preliminary heat when finals are scheduled shall not be penalized. If the preliminary heat is seeded on the deck then 208.3.2 applies
  - B. Any swimmer qualifying for an A final, scored or not scored, or B scored final race in an individual event who fails to compete in said A or B final race shall be barred from further competition for the remainder of the meet, except as noted in 208.3.4. For events occurring on the last day of a meet, a fine of \$100 per missed swim shall also be assessed to the club by the appropriate Division Chair for failure to compete. A declared false start or deliberate delay of meet is not permitted and will be regarded as a failure to compete.

- C. In the event of withdrawal or barring of a swimmer from competition, when possible, the Referee shall fill the A, B, or C final with the next qualified swimmer(s). First and second alternates shall be announced along with the final qualifiers. These and all other alternates and those qualifying for non-scoring B or C finals shall not be penalized if unavailable to compete
  - D. When the B or C final has not yet been swum and a barring or withdrawal is known in advance by the Referee, the Referee should re-seed the A, B, or C finals, if necessary, to insert the alternate(s) in the appropriate lane(s), filling all lanes in the final. In order to prevent undue delay of the A, B, or C finals, the Referee may elect to fill the empty lane(s), without re-seeding, with the next qualified alternate, or if unavailable, the next qualified swimmer(s) who is/are present in the starting area and ready to swim
  - E. If a C or B final has already been swum, the A final of that event shall be swum without filling the empty lane(s)
- .4 Exception for Failure to Compete - No penalty shall apply for failure to compete in or scratch an individual event if:
- A. The Referee is notified in the event of illness or injury and accepts the proof thereof.
  - B. The swimmers qualifying for an A final or B final race based upon the results of the preliminaries notifies the Referee within thirty (30) minutes after announcement of the qualifiers of that final race that they may not intend to compete and also declares his final decision whether or not to scratch within thirty (30) minutes following his last individual preliminary heat, swim-off, or re-swim.
  - C. The swimmer was not named in any finals heat during the initial announcement of results
  - D. It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.

#### 208.4. RELAY SCRATCH RULE

- .1 All Meets - Any relay or relay member, in a relay event that fails to compete in or report for that event shall not be penalized.

#### 208.5. OFFICIATING

- .1 Each Referee must be certified as a 'Referee' by NCS and their name must appear in the Meet announcement of each meet at which he/she is to serve as Referee.
- .2 All Stroke and Turn Judges, Starters, and Referees shall be certified by NCS pursuant to Article 209 and conform to USA Swimming Rules and Regulations 102.12.2
- .3 All timers not certified shall be thoroughly instructed prior to the start of the meet.

208.6. PROTESTS Any protests arising from the competition shall be resolved as outlined in the USA Swimming Rules and Regulations. Refer to: Part I, 102.11, Part IV, Article 401, and to NCS By-Laws, Article 110.

## **ARTICLE 209: OFFICIALS AND OFFICIATING**

209.1. COMMITTEE NCS officials shall be supervised by the committee known as the NCS Officials Committee, consisting of the NCS Officials Chairman and at least two additional members each of whom shall be certified officials of NCS. NCS Officials Committee members should represent various geographic areas of NCS.

### **209.2. CLINICS**

- .1 Format - The NCS Officials Committee shall conduct clinics based on the National Certification format and shall certify and re-certify NCS Officials based on guidelines of the USA Swimming Certification procedure and recommended tests. The NCS Officials Committee may designate specific certified Referees to hold clinics.
- .2 Modifications - Administrative procedures for conducting clinics, certification, and re-certification of officials shall be determined by the Committee. The Committee may modify USA Swimming procedures, where permitted by USA Swimming Rules and Regulations, to best serve NCS officiating needs.

### **209.3. CERTIFICATION**

- .1 Roster of Current Officials - The Committee shall maintain a roster of current certified officials and provide lists to meet directors and Referees upon request.
- .2 Officials - Positions certified by NCS include: Administrative Official, Stroke and Turn Judge, Starter, and Referee. Additional positions recognized by USA Swimming may be certified. See USA Swimming Rules and Regulations for USA Swimming membership requirements for officials.

209.4 ADDITIONAL RESPONSIBILITIES - The Officials Committee shall select the Meet Referee for all North Carolina Swimming Age Group and Senior Championship meets.

## **ARTICLE 210: AGE GROUP PROGRAM**

### **210.1. OBJECTIVES**

- .1 Purpose - The purpose of the NCS age group swimming program is to achieve the objectives set forth for Age Group Swimming in the USA Swimming Rules and Regulations, Part 2, Article 204, Section 204.1. In order to achieve these objectives NCS shall:
  - A. Provide programs for the maximum number of swimmers in the currently approved age groups.
  - B. Provide the best possible progressive program which supports the maximum number of swimmers achieving 'winning phases' by meeting established goals at several levels of competition.
  - C. Reduce expenses and the amount of travel, especially by limiting many meets to one day.

- D. Control the length of meets to the extent that the time of competition in any one session should be completed in four hours.
- E. Control the length of meets to the extent that the time of competition in any one day shall be completed in eight hours.
- F. Protect swimmers from swimming too many events in too short a time period by limiting the number of events per day or per session in which a swimmer is allowed to compete to 3 events per session for preliminary/final sessions or 5 events for timed finals sessions.

210.2 SUITS - No Technical Suits may be worn by any 12 & Under USA Swimming athlete member in competition at any Sanctioned, Approved or Observed NCS meet. **(EFFECTIVE 9-1-2019)**

- .1 Exceptions to the foregoing restriction are only for a meet in USA Swimming's Championship Series (i.e. Junior Nationals, US Open, National Championships, and Olympic Trials)
- .2 A Technical Suit is one that has the following components:
  - A. Any male or female suit with any bonded or taped seams is defined as a technical suit regardless of its fabric or silhouette; or
  - B. Any male or female suit with woven fabric extending to the knee or mid-thigh is defined as a technical suit regardless of the type seams: bonded, taped or sewn. (Note: A woven suit with sewn seams and in a male brief or female regular cut not to the knees is not defined as a technical suit and is not restricted.)

210.3. AGE GROUPS Currently recommended NCS age groups are those approved by the House of Delegates or Board of Directors. Currently recommended NCS age groups are 17-18, 15-18, 15-16, 13-18, 13-14, 13&Over, 11-12, 12&Under 10&Under, 9-10, 7-8, and 8&Under.

#### 210.4. AGE GROUP TIME STANDARDS

- .1 NCS Age Group Time Standards shall be the current USA Swimming National Age Group Recognition Motivational Times (also referred to herein as NAG Times) except as otherwise permitted by the NCS Bylaws and Rules.
- .2 Current USA Swimming NAG Times for 15-16 will be used for the NCS 15-18 Age Group.
- .3 For NCS Championship meets, standards faster than the USA Swimming NAG Times may be established if approved by the Board of Directors. Championship meet time standards shall be reviewed annually by the Technical Planning Chairman in conjunction with the appropriate Age Group or Senior Vice-Chairman for recommendation to the Board of Directors. Each year, time standards for the upcoming year shall be presented to the NCS House of Delegates at the Fall meeting. Final time standards shall be posted to the NCS website no later than 10 days following the Fall meeting of the House of Delegates.
- .4 The Age Group Division Vice-Chair, with the advice and consent of the Board of Directors, may establish additional standards.
- .5 NCS swimmers already classified on the basis of the previous year's NCS Age Group Time Standards remain in that classification until they change age groups except for Senior Circuit swimmers. Senior Circuit swimmers remain Senior Circuit swimmers regardless of changing age groups.

.6 A list of current time standards may be attached in Part III

210.5. MEET AND SWIMMER CLASSIFICATION AND SWIMMER ELIGIBILITY Sanctioned age group meets will be classified as Championship, 'A/AAA', Senior Circuit, Senior Developmental, 'A', 'BB & faster', 'B & faster', B/C, Open, Dual, Tri, Quad, Closed League, Open Water, and Special Meets that have innovative, non-traditional formats (e.g. mini-meets, pentathlons, single age group meets).

.1 NCS Championship Competition - All NCS Championship meets are open to all eligible NCS registered swimmers. Qualifying standards shall be established and must have been achieved prior to entry for each event (stroke and distance) entered.

A. Non-NCS registered swimmers may not enter the NCS Age Group Championships.

B. Non-NCS registered swimmers may enter the NCS Senior Championships.

C. A club that enters a swimmer who has not achieved the qualifying time standard for an event at an NCS Championship where the swimmer fails to attain the qualifying time standard in the NCS Championship will be fined \$100 per occurrence. Fines shall be collected by the NCS Age Group Chairman. A club shall have 60 days in which to prove the time or pay the fine.

D. Scoring at all NCS Championships shall be through 16 places (or two finals heats, if conducted in other than an 8-lane pool) regardless of the number of heats or lanes swum in final sessions. Scoring shall be in accordance with USA Swimming Rules & Regulations for scoring (102.7.3).

E. The host club shall recognize the top-6 scoring clubs in the combined scoring and the top-3 scoring clubs with USA Swimming registrations of 100 swimmers and fewer.

.2 'A & Faster' Competition 'A/AAA' meets may be scheduled when out-of-LSC entrants are invited or results of previous years indicate that faster qualifying time standards are desirable. In the meet announcement, the meet host shall state the qualifying time standards that are required for each event (stroke and distance.)

.3 Senior Circuit Competition

A. A Senior Circuit swimmer is a swimmer who has achieved two 13-14 'AA' time standards in two of the six different strokes. I.M. is considered a stroke. Freestyle and sprint freestyle are considered different strokes.

B. A swimmer may qualify as a Senior Circuit swimmer in any sanctioned or approved meet.

C. A swimmer qualified as a Senior Circuit swimmer at one course is automatically qualified for the other courses (50 meter, 25 meter, 25 yard).

D. In a Senior Circuit meet, only Senior Circuit swimmers are permitted to compete in individual events except as otherwise provided in these Rules.

E. A Senior Circuit swimmer may compete in any Senior Circuit meet.

F. A Senior Circuit swimmer may compete in any event in a Senior Circuit meet, regardless of whether or not the swimmer has not achieved a 13-14 'AA' time in each entered event.

- G. A Senior Circuit swimmer is prohibited from competing in any relay or individual event in Senior Developmental meets.
- H. OPTION-Any swimmer who has achieved at least two 13- 14 'AA' NCS stroke time standards may compete in any individual event at a Senior Circuit meet however, once a swimmer elects to compete in an event (stroke and distance) at a Senior Circuit meet in which the swimmer has not achieved a 13-14 'AA' time, the swimmer is prohibited from competing in any Senior Developmental meet. Distance free and sprint free (events 200 and shorter) are considered different strokes.

#### .4 Senior Developmental Competition

- A. A Senior Developmental swimmer is a swimmer who is at least 13 years-old and has yet to achieve two 13-14 'AA' time standards in two of the six different strokes. I.M. is considered a stroke. Freestyle and sprint freestyle are considered different strokes.
- B. In a Senior Developmental meet, only Senior Developmental swimmers are permitted to compete.
- C. A Senior Developmental swimmer may compete in any Senior Developmental meet.
- D. A Senior Developmental swimmer is eligible to compete only in Senior Developmental individual events and relay legs (stroke and distance) in which the swimmer has not achieved a 13-14 'AAA' time.
- E. A Senior Developmental swimmer is prohibited from competing in any individual Event in Senior Circuit meets except for individual events in which the swimmer has achieved a 13-14 'AA' time and all relays.
- F. OPTION - A Senior Developmental swimmer who has achieved one 13-14 'AA' time or has achieved two or more 13-14 'AA' times in the same stroke may elect to compete in any individual event at a Senior Circuit meet however, once such a Senior Developmental swimmer elects to compete in an event (stroke and distance) at a Senior Circuit meet in which the swimmer has not achieved a 13-14 'AA' time, the swimmer is prohibited from competing in any Senior Developmental meet.

#### .5 'A' Competition

- A. An 'A' swimmer is one who has achieved an 'A' time in` two of the six different strokes in a given age group regardless of the length of the event or course (50 meter, 25 meter, 25 yards). I.M. is considered a stroke. Freestyle and sprint freestyle are considered different strokes.
- B. A swimmer may qualify as an 'A' swimmer in any sanctioned or approved meet.
- C. A swimmer qualified as an 'A' swimmer at one course is automatically qualified for the other courses (50 meter, 25 meter, 25 yard).
- D. 'A' times achieved in 50 meter events and the 100 I.M. are used to determine a swimmer's classification only in the 10 and under age group.
- E. In an 'A' meet, only 'A' swimmers are permitted to compete except as otherwise provided in these Rules.

- F. An 'A' swimmer may compete in any 'A' meet and may compete in any event in an 'A' meet, regardless of whether or not the swimmer has achieved an 'A' time in each entered event.

.6 'BB' Competition

- A. A 'BB' swimmer is one who has achieved a 'BB' time in two of the five different strokes in a given age group regardless of the length of the event or course (50 meter, 25 meter, 25 yards) I.M. is considered a stroke.
- B. A swimmer may qualify as a 'BB' swimmer in any sanctioned or approved meet.
- C. A swimmer qualified as a 'BB' swimmer at one course is automatically qualified for the other courses (50 meter, 25 meter, 25 yard).
- D. 'BB' times achieved in 50 meter events and the 100 I.M. are used to determine a swimmer's classification only in the 10 and under age group.
- E. In a 'BB' meet, only 'BB' swimmers are permitted to compete except as otherwise provided in these Rules.
- F. A 'BB' swimmer may compete in any 'BB' meet and may compete in any event in a 'BB' meet in which the swimmer has not achieved an 'A' time. A 'BB' swimmer is prohibited from competing at 'BB' meets in any individual event or relay leg (stroke and distance) in which the swimmer has achieved the 'AA' standard, even if entry was made prior to achieving the 'AA' time.
- G. A 'BB' swimmer is prohibited from competing in any relay or individual event, in 'B' or 'C' meets, even if entry was made prior to becoming a 'BB' swimmer.
- H. A 'BB' swimmer is prohibited from competing in any individual event in an 'A' meet except for individual events in which the swimmer has achieved a time and all relays. Refer to I below.
- I. OPTION - A 'BB' swimmer who has achieved one or more 'A' times may elect to compete in an 'A' meet however, once such a 'BB' swimmer elects to compete in a 'BB' event (stroke and distance) in an 'A' meet, the swimmer is prohibited from competing in a 'BB' meet in any event while in that age group.

.7 'C' Competition

- A. A 'C' swimmer is one who has not achieved a 'B' time in two of the five different strokes in a given age group regardless of the length of the event or course (50 meter, 25 meter, 25 yards). I.M. is considered a stroke
- B. A swimmer may qualify as a 'C' swimmer in any sanctioned or approved meet.
- C. A swimmer qualified as an 'C' swimmer at one course is automatically qualified for the other courses.
- D. 'C' times achieved in 50-meter events and the 100 yard I.M. are used to determine a swimmer's classification only in the 10 and under age group.
- E. In a 'C' meet, only 'C' swimmers are permitted to compete.

- F. A 'C' swimmer may compete in any 'C' meets and may enter any event in a 'C' meet in which the swimmer has not achieved a 'BB' time. A 'C' swimmer is prohibited from competing at 'C' meets in any individual event or relay leg (stroke and distance) in which the swimmer has achieved the 'BB' standard, even if entry was made prior to achieving the 'BB' time.
- G. A 'C' swimmer is prohibited from competing in any individual event in 'A' or 'BB' meets.
- H. A 'C' swimmer is prohibited from competing in any individual event in an 'B' meet except for individual events in which the swimmer has achieved a 13-14 'B'(refer to I below) time and all relays.
- I. OPTION - A 'C' swimmer who has achieved one or more 'B' times may elect to compete in a 'B' meet however, once such a 'C' swimmer elects to compete in a 'C' event (stroke and distance) in an 'B' meet, the swimmer is prohibited from competing in a 'C' meet in any event while in that age group.
- J. 'C' meets should be completed in one day.

.8 Open Competition

- A. Open meets have no maximum or minimum qualifying times.
- B. Open competition may be held with or without age groups.

.9 8 and Younger Competition

- A. There are no maximum or minimum qualifying times for 8 and under and 7-8 events.
- B. 8 and under and 7-8 events are included only in developmental meets with 'BB' or slower qualifying times. In all 8 and under and 7-8 events any swimmer 8 years old or younger may enter any event regardless of time achieved.
- C. OPTION - Any swimmer 8 years old or younger who has achieved at least one 10&Under 'A' time may choose to be classified as an 'A' swimmer as in 207.2.3. Any swimmer 8 years old or younger who has achieved at least one 10&Under 'BB' time may choose to be classified as a 'BB' swimmer as in 207.2.4. Any swimmer 8 years old or younger who has achieved at least one 10&Under 'B' time may choose to be classified as a 'B' swimmer as in 210.2.5.

- .10 Special Competition - The Board of Directors or House of Delegates may authorize additional classes of competition (e.g. meets with alternative qualifying time standards and/or age groupings) on a trial basis for evaluation in order to achieve the objectives of USA Swimming and North Carolina Swimming.

## 210.6. PROTESTS AND PENALTIES

- .1 Protests regarding classification of any swimmer and/or his eligibility to enter and/or compete in an event, events, meet, or meets, shall be made in writing to the Meet Referee and/or NCS Review Board Chair. It is an infraction for NCS clubs to enter an event in an NCS sanctioned meet event without the relay or swimmer meeting the minimum required qualifying time for that event. It is an infraction for NCS clubs to enter swimmers in an NCS sanctioned meet event with the swimmer

having previously achieved or surpassed the maximum allowed qualifying time standard for that event.

The NCS club member that submits the entry shall be assessed a minimum of twenty five dollars (\$25.00) per such entry.

- .2 The Registration Chair or designee shall impose a \$100 fine for each swimmer participating in a sanctioned meet that is not properly registered with USA Swimming. If the swimmer was identified on a recon report, the fine shall be levied against the member club/individual who submitted the entry. If the swimmer was not included in the recon submitted by the meet host, the fine shall be split evenly between the host team and the member club/individual who submitted the entry. If the swimmer was not properly entered in the meet, the fine will be levied against the swimmer.
- .3 LENGTH Meet hosts shall take steps to control the length of meets, using a maximum of four (4) hours of competition per session and eight (8) hours of competition for a prelims/final meet for a particular age group or class of swimmer in any one day as a desirable goal. This effort may take any one or combination of several forms, such as: limiting the number of events in one day, number of competitors, or the number of event entries, subject to the approval of the appropriate Division Vice-Chair.
  - A. With the exception of NCS championship meets, the program in all other age group competition shall be planned to allow the events for swimmers 12 years and younger to be completed in four (4) hours or less for a timed finals session or in a total of eight (8) hours or less per day for a preliminaries and finals meet.
  - B. The rule does not apply to "Open" events even if swimmers 12 years of age or younger are entered.
  - C. Events that are scored multi-age (including Open events) are impacted by the rule if the multi-age scoring involves 12U designations, such as 11-12, 10U, 12U, etc. Meet Announcements. Meets must be planned such that events for 12&Unders can reasonably be concluded within four (4) hours. Sessions that exceed four hours are not in violation of the rule if properly planned.
  - D. Compliance Process
    1. Measurement of the time duration applicable to this rule begins with the published meet start time of a session that offers 12U events and ends with the conclusion of the last 12U event of the day
    2. The following intervals shall be used for planning purposes:

a. Dive-overs	20 seconds
b. Non Dive-overs	30 seconds
c. Chase starts	-20 seconds
d. Backstroke events	+10 seconds
    3. Timelines must be submitted to the Meet Referee within 1 day after close of entries. The Meet Referee and Meet Director will work together to ensure all 12&U sessions are under 4 hours.
  - E. The meet host must refund entry fees to entrants for all events cancelled or limited.

- F. In a situation where it becomes necessary to limit the number of competitors allowed in the meet, or deny entries, the host team must either:
  - 1. Clearly outline in the meet announcement submitted for sanctioning, the process that will be followed in determining which competitors are excluded or denied entry.
  - 2. Competitors must be notified of their exclusion from the meet within 2 days of the final meet entry deadline.
- G. All fines will be placed into the NCS Travel Fund. The assessment of a fine may be appealed according to NCS Rules and By-Laws.

#### 210.7. AWARDS

- .1 All individual and team awards must conform to USA Swimming Rules and Regulations and NCS Bylaws and Rules.
- .2 All meets with 'BB' or slower qualifying times which exclude the fastest Ag Group swimmers shall not provide team championship or high point awards and are limited to awards that do not exceed a cost of \$2.50 per award.
- .3 A ribbon or other appropriate award shall be presented to each heat winner in all meets with slower than 'A' qualifying time standards.
- .4 Special certificates, ribbons, and/or other appropriate awards should be presented to all swimmers who achieve 'A' times in a meet with slower than 'A' qualifying time standards.

### ARTICLE 211: TRAVEL FUND

#### 211.1. SURCHARGE

- .1 There shall be an NCS Travel surcharge of \$3.00 per swimmer per meet. This surcharge applies to all sanctioned NCS meets that charge or collect entry fees, except National Championship, closed league, and open water meets and observed swims.
- .2 It is the responsibility of the meet host to collect this surcharge for each entrant, including those entrants that are members of the meet host.
- .3 The Travel Fund monies collected must be sent, properly identified, to the Treasurer within thirty (30) days of the last day of the meet.

#### 211.2. DISBURSEMENT OF INCOME

- .1 A maximum of fifty percent (50%) of the Travel Fund Endowment interest/dividend income shall be disbursed each year. The remaining percentage shall become part of the Travel Fund Endowment.
- .2 All income received from USA Swimming from Swim-a-thon may be disbursed each year, unless otherwise determined by the NCS House of Delegates or Board of Directors.

- .3 All monies from all marketing agreements may be disbursed each year, unless otherwise determined by the NCS House of Delegates or Board of Directors.
- .4 The Travel Fund Committee may disburse additional monies as approved by the NCS House of Delegates or Board of Directors.
- .5 Total disbursement shall not exceed the sum of available monies to be disbursed listed above in any year.

#### 211.3. TRAVEL FUND COMMITTEE

- .1 Administration of funds is the responsibility of the Travel Fund Committee comprised of the General Chair, Age Group and Senior Vice-Chairs, Treasurer, and a maximum of two at-large members appointed by the General Chair to provide a minimum of two coaches.
- .2 The General Chair shall appoint the Committee Chair from those that comprise the Travel Fund Committee.
- .3 The Treasurer shall submit to the Travel Fund Chair and the Scheduling Chair a list of all surcharges paid each quarter to assure compliance with surcharge requirements

#### 211.4 ATHLETE FUNDING

##### .1 REQUIREMENTS

- A. At the time of the competition, a swimmer must be a year-round registered NCS athlete representing a registered NCS club in good standing.
- B. The swimmer must qualify for, travel to, and compete in at least one individual event at the funded competition.
- C. Within the 12-month period preceding the competition, the swimmer must have competed with a NCS registered club in not fewer than four (4) USA Swimming meets hosted by NCS member clubs in good standing that collected and paid the NCS Travel Fund surcharge.
- D. To receive funds, clubs must be in good standing with North Carolina Swimming. No club in arrears, with any travel fund charges or other assessments or fees due to USA Swimming or NCS, shall receive Travel Fund monies. Any club hosting a Swim-a-thon that has not paid the established Swim-a-thon assessments to USA Swimming or that runs a 'swim-a-thon'-like event without paying the established swim-a-thon fees shall be considered in arrears until the fees are paid.
- E. Exceptions to these requirements may be granted by the LSC Board of Directors for extenuating circumstances such as military service, extended illness, or other hardships beyond the swimmer's control.

##### .2 PRORATION

- A. Swimmers who are registered as year-round athletes with NCS for the registration year during which the competition occurs and for the three prior registration years are eligible for full funding when funding requirements are met.
- B. Swimmers who are registered as year-round athletes with NCS for the registration year during which the competition occurs and for the two prior registration years are eligible for 2/3 funding when funding requirements are met.
- C. Swimmers who are registered as year-round athletes with NCS for the registration year during which the competition occurs and for the prior registration year are eligible for 1/3 funding when funding requirements are met.

- D. Swimmers who are registered as year-round athletes with NCS for the registration year during which the competition occurs but not in the prior year are not eligible for funding.

.3 LIMITATIONS/EXCEPTIONS

- A. Swimmers are limited to funding for one meet in the winter championship season and one meet in the summer championship season.
- B. In seasons when US Olympic Team Trials, US World Championship Team Trials, and Open Water Nationals are conducted, these meets shall not count toward that season's limit.
- C. Athletes who achieve their first Senior National Cut at Junior Nationals and choose to compete in Senior Nationals may be funded for both meets.
- D. Athletes who achieve either their first Junior or Senior National Cut at the Southern Zone meet and choose to compete in one of these meets will be funded.
- E. Athletes competing for NCAA varsity swimming teams are not eligible for funding for meets that occur during the NCAA competition season.
- F. NCS athletes who compete as NCAA varsity swimmers and come back to North Carolina to practice with and represent NCS member clubs in meets during the off season are exempt from the minimum number of meets requirement provided they were NCS year-round registered athletes for the four consecutive registration years prior to entering college.
- G. Unattached athletes who do not represent NCS registered clubs are not eligible for funding.

.4 NORTH CAROLINA SWIMMING AGE GROUP ZONE TEAM

- A. Swimmers named to North Carolina Swimming Age Group Zone Teams must be registered year-round athletes with NCS but are exempt from other funding requirements.
- B. Travel funds for these athletes will be determined each budget year by the North Carolina Swimming Board of Directors.
- C. Zone Team travel funds are allocated from the travel fund budget to the Zone Team budgets and not paid to clubs.

.5 USA SWIMMING CAMP SELECTIONS

- A. USA Swimming Camps will be reimbursed as follows:
  - 1. National Select Camp \$200
  - 2. National Open Water Select Camp \$200
  - 3. Zone Select Camp \$200
  - 4. Zone Diversity Select Camp \$200
- B. Swimmers selected to represent North Carolina Swimming at USA Swimming Camps must be registered year-round NCS athletes but are exempt from other funding requirements.
- C. Athletes must travel to and participate in a camp to receive reimbursement.
- D. Athletes whose camp attendance is funded by USA Swimming are not eligible for additional reimbursement from NCS.
- E. Camps do not count toward a meet season limit.

.6 PAYMENT PROCESS

- A. Reimbursement funds will be calculated by North Carolina Swimming after each eligible event based on published meet results or camp rosters and, with the exception of Age Group Zone Meet, will be paid within 30 days by check to the NCS club that the athlete represented.

- B. Head coaches of clubs who wish to decline funding or know of any reason why their athletes are not eligible must notify the North Carolina Executive Administrator prior to the event in which their athlete will participate.
- C. The Travel Fund Committee Chair shall publish a complete annual report of Travel Fund disbursement on the NCS website at the end of each fiscal year.

.7 APPEALS PROCESS

- A. Head coaches of registered NCS clubs may appeal any funding decisions for their registered athletes via email to the North Carolina Swimming Executive Administrator within 30 days of the event.
- B. Exceptions must be approved by the North Carolina Swimming Board of Directors.

211.5. COACH FUNDING

.1 FUNDING LEVEL

- A. When a club's athlete meets funding requirement, funding for one registered club coach will also be provided. The coach's funding shall be equivalent to the athlete's funding. When multiple athletes qualify for funding from a club, the club coach's funding shall be equivalent to the highest funding level provided to one of the club's athletes.
- B. Olympic Team Trials Per Diem - Coaches with swimmers qualified and participating in one (1) event shall receive three (3) days per diem. Coaches with swimmers qualified and participating in a total of two (2) events shall receive five (5) days per diem. Coaches with swimmers qualified and participating in a total of three (3) or more events shall receive eight (8) days per diem.

.2 REQUIREMENTS

- A. The coach must be registered with the athlete's club, must travel to the competition, and participate as the club's coach of record at the competition while the club's athlete is competing.

.3 LIMITATIONS/EXEMPTIONS:

- A. Coaches who receive USA Swimming funds to attend funded meets are not eligible for additional NCS funding.
- B. Unattached coaches are not eligible for funding.

.4 PAYMENT PROCESS

- A. Reimbursement funds will be calculated by North Carolina Swimming after each eligible event based on published meet results and will be paid within 30 days by check to the NCS club that the swimmer(s) represented.
- B. Head coaches of clubs who wish to decline funding must notify the North Carolina Executive Administrator prior to the event for which they expect to receive funding for their registered coaches.
- C. The Travel Fund Committee Chair shall include coach reimbursements in the complete report of Travel Fund disbursement posted on the NCS website at the end of each fiscal year.

.5 APPEALS PROCESS

- A. Head coaches of registered NCS clubs may appeal any funding decisions for their registered coaches via email to the North Carolina Swimming Executive Administrator within 30 days of the event.
- B. Exceptions must be approved by the North Carolina Swimming Board of Directors.

## 211.6 REIMBURSEMENT LEVELS

- .1 Winter Championship Season
  - A. Winter Junior Nationals \$400
  - B. Winter Senior Nationals \$550
- .2 Summer Championship Season
  - A. Southern Age Group Zone Meet Funds are determined by the North Carolina Swimming Board of Directors
  - B. Southern Zone Open Water Championship Funds are determined by the North Carolina Swimming Board of Directors
  - C. Summer Junior Nationals \$550
  - D. Summer Senior Nationals \$650
  - E. Summer Senior Nationals/World Championship Trials \$650
  - F. US Open \$650
  - G. Open Water Nationals and Open Water Junior Nationals \$250
  - H. Olympic Team Trials
    - 1. \$650 plus a per diem of eighty (\$80) per day.
    - 2. Swimmers qualified and participating in one (1) event shall receive three (3) days per diem.
    - 3. Swimmers qualified and participating in two (2) events shall receive five (5) days per diem.
    - 4. Swimmers qualified and participating in three (3) or more events shall receive eight (8) days per diem.

## ARTICLE 212: RECORDS

**GENERAL ELIGIBILITY REQUIREMENT:** To be considered for NCS Senior Records, Age Group Records, Top-5, or All-Stars, a swimmer must be registered with USA Swimming and representing a NCS club when the time is achieved.

### 212.1. SENIOR RECORDS

- .1 Events - Senior Records shall be maintained for women and men for all the events included in the USA Swimming National Championships, both long and short course.
- .2 Types
  - A. NCS Senior Record – The best time ever swum by a NCS registered swimmer at time of performance in any USA Swimming sanctioned, approved, or observed meet, within or without

North Carolina, or in a National or International Championship event recognized by USA Swimming. The swim must appear in the SWIMS National Times Database. A time achieved at one of the observed North Carolina High School Championship meets is acceptable for a NCS Senior Record. College swimmers who are currently registered with North Carolina Swimming (whether attached or unattached) and a current member in good standing with USA Swimming are eligible to set NCS Records in any USA Swimming sanctioned, approved or observed meet. A tie of an existing record shall be recognized as such in the Senior Records list. Any swim timed with watches only is not acceptable for a NCS Senior Record.

- B. NCS Senior Championship Record - The best time ever swum in a meet event designated as an NCS Senior Championship.

## 212.2. AGE GROUP RECORDS

- .1 Events - Age Group Records shall be maintained for girls and boys in the age groups 10-U, 11-12, 13-14, 15-16 (individual events only), and 15-18 (individual events only), and 18 & Under for all events included in the National Age Group Recognition Listings.

- .2 Types

- A. NCS Age Group Record – The best time ever swum by a NCS registered swimmer at time of performance in an age group in any USA Swimming sanctioned, approved, or observed meet, within or without North Carolina, or in a National or International Championship event recognized by USA Swimming. The swim must appear in the SWIMS National Times Database. A time achieved at one of the observed North Carolina High School Championship meets is acceptable for a NCS Age Group Record. College swimmers who are currently registered with North Carolina Swimming (whether attached or unattached) and a current member in good standing with USA Swimming are eligible to set NCS Records in any USA Swimming sanctioned, approved or observed meet. A tie of an existing record shall be recognized as such in the Age Group Records list. Any swim timed with watches only is not acceptable for a NCS Age Group Record.
- B. NCS Age Group Championship Record - The best time ever swum in a meet designated as an NCS Age Group Championship.

212.3. LIST A list of current NCS records **is posted on the NCS website.**

## ARTICLE 213: NCS ALL STAR CRITERIA

213.1. GENERAL Selection of NCS All Stars and Swimmer of the Year shall be based upon times achieved by NCS registered for both Long Course Meters and Short Course Yards, in USA Swimming sanctioned, approved, or observed meets, in the age group events designated by NCS, provided such events are offered in NCS meets and are available to all NCS swimmers. Collegiate swimmers are not eligible to receive Top 5, NCS All Star, or Swimmer of the Year awards unless they are currently registered NCS members and have been registered members of an NCS club for at least the two full years prior to the end of the awards period.

## 213.2. ALL STAR CRITERIA

- .1 An NCS Top 5 list will be published that includes the Top 5 NC swimmers in both Short Course Yards and Long Course Meters (from September 1 of the previous year thru August 31 of the current year) in each event in the following age groups: 10 and under, 11-12, 13-14, 15-16, 17-18.
- .2 Each NCS swimmer who individually achieves at least one USA National Age Group Recognition Top 10 Time is a NCS All Star.
- .3 Each NCS swimmer who achieves NC Top-5 "AAAA" times in two or more of the following categories: distance freestyle, sprint freestyle, backstroke, butterfly, breaststroke, or individual medley for Short Course Yards is a NCS All Star upon verification by the NCS All Star Committee. The recognition period will begin September 1 of the previous year and end August 31 of the current year.
- .4 Each NCS swimmer who achieves NC Top-5 "AAAA" times in two or more of the following categories: distance freestyle, sprint freestyle, backstroke, butterfly, breaststroke, or individual medley for Long Course Meters is a NCS All Star upon verification by the NCS All Star Committee. The recognition period will begin September 1 of the previous year and end August 31 of the current year.
- .5 Three male and three female swimmers will be selected as NCS Open Water All-Stars by the Open Water Committee in each of the following age groups: 10 and Under, 11-12, 13-14, and 15-18. Selection will be based on a policy established by the Open Water Committee and published in the NCS Policies and Procedures.

#### 213.3. ADDITIONAL ALL-STAR CRITERIA AND DESCRIPTION

- .1 All Star lists shall be published at the NCS banquet for Short Course Yards and Long Course Meters
- .2 Distance Freestyle (Freestyle events 400 and longer for 17-18, 15-16, and 13-14; 200 and longer for 11-12 and 10&Under) and Sprint Freestyle (Freestyle events 200 and shorter for 17-18, 15-16, and 13-14; 100 and shorter for 11-12 and 10&Under) are considered distinct 'strokes' for the purposes of this Article, along with Backstroke, Breaststroke, Butterfly, and Individual Medley.
- .3 The NCS All Star Committee is responsible for publishing the NCS All-Star Criteria.

#### 213.4. NCS SWIMMER OF THE YEAR CRITERIA

- .1 The swimmer who has achieved the highest national ranking (in either Short Course Yards or Long Course Meters) within the following age groups (both male and female) between September 1 of the previous year and August 31 of the current year will be named as NCS Swimmer of the Year: 11-12, 13-14, 15-16, 17-18.
- .2 In the event of a tie, the swimmer who has the next highest-ranking event will be given the award.

### ARTICLE 214: FACILITY USE SURCHARGE

#### 214.1. GENERAL

- .1 Any NCS club hosting a meet on the NCS schedule may charge fees per swimmer as a facility surcharge. For NCS Championship meets (age group & senior, SC & LC), relay only swimmers are exempt from the facility surcharge.

- .2 In order to assess a facility surcharge, the meet classification, the facility to be used, and the amount of the surcharge must be included in the bid packet and must be approved by the NCS House of Delegates at a regular NCS House of Delegates meeting held to approve the meet schedule or by the Board of Directors between meetings of the House of Delegates.

## **ARTICLE 215: MISCELLANEOUS**

215.1 OLYMPIC TRIALS QUALIFYING TIME: As Olympic Trials time standards, once achieved, are valid through the end of the current Olympic quadrennial. Any swimmer, who has achieved an Olympic Trials time standard, may use that time as an entry time into any NCS meet in which he/she is otherwise eligible to compete through the end of the quadrennial.

### **215.2 AMENDMENTS**

- .1 Amendments to these Rules are to be made in the same manner as amendments to the NCS Bylaws, except that only a simple majority is necessary. See NCS Bylaws Article 111, Section 111.3 for reference.