

NORTH CENTRAL WEST VIRGINIA SWIMMING ASSOCIATION RULES

Revised – March 22, 2000

The North Central WV Swimming Association shall follow USA Rules.

A swimmer may participate in 3 individual and, 2 relay events each meet. If a swimmer participates in more than 3 individual and 2 relay events, all points earned by that swimmer shall be deducted from the total score.

A swimmer must swim in his/her age group and can only move up to swim in exhibition heats for times, no points.

Relays: May swim 3 boys and 1 girl, or 3 girls and 1 boy in the same age group. NOT 2 BOYS AND 2 GIRLS.

Swimmers may move up or over ONLY if no one else is available in the age group. Swimmers may move up ONE AGE GROUP only.

Swimmers may move up one age group or over (boy in girl relay, girl in boy relay) but NOT BOTH.

If you have four swimmer in the age group – they MUST SWIM in the relay. NO SHUFFLING. Altered relays WILL NOT count for points and will be disqualified.

POINT SYSTEM:

Dual Meets – Individual: 5-3-1. Relays: 7-3

No points for 3rd place relays.

EXHIBITION:

Exhibition swimmers in first heat must be clarified on the Clerk of Course card. No points awarded. Starter must announce which lanes are exhibition.

A second heat may be run for each event. It will be limited to one event per age group per meet.

The event should be short free allowing for any stroke to be swum. NO POINTS GIVEN.

Additional exhibition heats may be run at coaches discretion for times. FINAL DECISION IS THE HOST TEAM.

Host team decides whether green exhibition ribbons are awarded.

JULY RULE:

Prior to June 30 – Meets will be short course. Judges will not DQ 8 and under swimmers for improper strokes, when in the opinion of the judge, the swimmer is attempting the stroke.

DOG PADDLE NOT ALLOWED IN ANY STROKE EXCEPT FREESTYLE.

On July 1 – Meets will be long course or regular. Stroke DQ's applied to 8 & unders.

GENERAL:

First false start charged to field. Second false start is a DQ. Judges discretion whether other swimmers were pulled off blocks.

Backstroke flip turn – no hand touch required. During the turn the shoulders may turn past vertical toward the breast. If swimmer turns past vertical, such motion must be part of a continuous action, and the swimmer must return to a position on the back before feet leave the wall.

