



**RULES**  
**OF**  
**SWIMMING A.C.T. INC**

<b>Adopted or Amended</b>	<b>By Whom</b>	<b>Date</b>	<b>Change</b>
Adopted	Executive	17 February 2010	
Amended	Executive	16 June 2010	R1.2 inserted
Amended	Executive	18 August 2010	R15.8 inserted
Amended	Executive	17 November 2010	R 8.2.1 amended; R8.4.3 deleted

# RULES OF SWIMMING A.C.T. INC.

## **R1 COMPETITIONS**

- R1.1 All swimming competitions conducted by the Association or with the approval of the Association shall be conducted in accordance with the Rules of Swimming NSW (SNSW) subject to the modifications set out hereunder in these Rules of Swimming ACT.
- R1.2 Individual and relay races may be mixed gender events.

## **R2 CHAMPIONSHIPS**

- R2.1 Each year Swimming ACT shall conduct long course and short course ACT Championships and such exhibition and/or non championship events for both male and female swimmers, selected from the table below and as may be determined by the Competitions Committee from time to time.

<b>Events</b>	<b>Distances in metres</b>					
Freestyle	50	100	200	400	800	1500
Backstroke	50	100	200			
Breaststroke	50	100	200			
Butterfly	50	100	200			
Individual Medley		100	200	400		

- R2.2 The order of events and the duration of the championships shall be determined by the Competitions Committee.
- R2.3 Long Course Championships shall be conducted in pools of 50 metres. Short Course Championships which shall be conducted in pools of 25 metres.
- R2.4 Championships events will be open to all registered members of a FINA recognised body.
- R2.5 Championship events shall be restricted to swimmers who are the specified age for the event on the first day of the meet or championship series who have meet the qualifying time set down, if any.
- R2.6 The entry time must have been achieved since the previous Championship for the given course.
- R2.7 Any swimmer who fails to achieve the qualifying time for the event entered is subject to review and may be sanctioned by the Association.
- R2.8 Awards shall be given to the first, second and third placed competitors and, for the long course championships, to the first, second and third placed Swimming ACT registered competitors provided that any competitor may only receive one such award in any given event. Awards shall only be given where the applicable qualifying time for the event has been achieved.

## **R3 RELAY CHAMPIONSHIPS**

- R3.1 Team relay championships shall be conducted for both freestyle and medley events for both male and female or mixed teams.

- R2.2 The events offered and their order shall be determined by the Competitions Committee.
- R3.2 Mixed teams can be any combination from all males to all females.
- R3.3 Awards will be given to the first, second and third placed teams in each event.
- R3.4 The top two placed teams from each club in each event may attract points towards the Club Relay pointscore competition, subject to R3.5.
- R3.5 Where a swimmer competes as part of more than one age group team in a given discipline (freestyle or medley), only one such team is eligible for points.
- R3.6 Relay championship events shall be restricted to Swimming ACT registered swimmers who are the specified age for the event on the first day of the meet.

#### **R4 DEVELOPMENT SERIES**

- R4.1 Swimming ACT shall conduct, or cause to have conducted, a series of one or more competitions aimed at providing a pathway for swimmers during their development.
- R4.2 Swimmers may only enter events for which they have not achieved the relevant ACT Championship qualifying time except as set down in R4.3.
- R4.3 As the Series break times for the 13 and over age group shall be set at the ACT Championships qualifying time for the 13 years age group, swimmers aged 14 and over who are faster than the break time set down for an event may enter the event as an exhibition swimmer provided that they have never achieved the ACT Championship qualifying time applicable for their age at the relevant Championship.
- R4.4 The entry time shall be the best time ever achieved by the swimmer for that event (stroke and distance) in the same course (long or short) as the meet will be conducted.
- R4.5 Events offered as part of the Series are 25m, 50m, 100m and 200m freestyle, backstroke, breaststroke and butterfly and 200m individual medley. The 100m individual medley shall also be included in short course Series.
- R4.6 A swimmer may only enter a 25m event if they have never competed at a longer distance for the given stroke (club night and school meets excepted).
- R4.7 A swimmer may not enter a 200m event (long course 200m Individual Medley excepted) unless they have achieved the relevant time standard for 100m distance for that stroke as set down for the meet. The applicable time standard shall be the Intermediate division time set down for the Series.
- R4.8 **SERIES POINT SCORE**
  - R4.8.1 A point score shall be conducted for each Series based on improvement against the swimmers best time for the Series.
  - R4.8.2 The first time a competitor swims an event in a given Series they shall receive 2 points for that swim.
  - R4.8.3 From the second swim for each event in a given Series, points shall be awarded against the competitors' **Series best time** in that event.

R4.8.4 Series points shall be accumulated at each Series meet on the following basis:

<b>Points Scored</b>	
0 points	if swimmer does not finish an event or is disqualified
1 points	if swim does not equal or better previous best Series time
2 points	if equal to or better than previous best Series time but less than 1 second faster
3 points	if better than previous best Series time by 1 second but less than 2 seconds
4 points	if better than previous best Series time by 2 second but less than 3 seconds
5 points	if better than previous best Series time by 3 seconds or more
2 points	for each first swim for a stroke and distance IN THE SERIES.

R4.9 Age groups recognised for Series purposes are 8 and under, 9, 10, 11, 12 and 13 and over.

R4.10 Swimmers shall be divided into Development and Intermediate divisions for each stroke and distance, at each meet, for awards purposes.

#### R4.11 OVERALL SERIES AWARDS

R4.11.1 At the completion of each series the 10 competitors with the highest number of points in each age group, as set down in R4.7, by sex (male and female) and division (Development and Intermediate) shall be recognised by the Association.

R4.11.2 The competitors' age shall be the age applicable to them for the final meet in the Series.

R4.11.3 The competitors' division shall be determined by applying the standards set down for the Series against the competitors best time ever achieved, as at the date of the final meet of the Series, for the stroke and distance over the course (long or short) applicable to the Series. Where the competitor has achieved the Intermediate level, or higher, for five or more of the following events:

(i) Long course: 50m and 100m freestyle, backstroke, breaststroke and butterfly and 200m individual medley

(ii) Short course: 50m and 100m freestyle, backstroke, breaststroke and butterfly and 100m and 200m individual medley

the competitor shall be assigned to the Intermediate division otherwise the competitor shall be assigned to the Development division.

## R5 OTHER COMPETITIONS

### R5.1 ADDITIONAL ASSOCIATION COMPETITIONS

R5.1.1 The Association may conduct competitions in addition to those set down in R2, R3 and R4 where the Competitions Committee or the Executive identifies a need for such competition.

R5.1.2 The Competitions Director, at the direction of the Competitions Committee or the Executive, whichever body initiated the said competition, shall be responsible for overseeing the competition including the development of the program and meet rules.

## **R5.2 INTERNAL CLUB COMPETITIONS**

R5.2.1 Clubs are encouraged to conduct regular club competitions. Such competitions do not require the prior approval of the Association.

R5.2.2 Club competitions shall not be restricted to club members only but may include invited guests (individuals, other clubs, groups or teams) and other Association members (at the discretion of the Club).

R5.2.3 Times achieved at club competitions shall be recognised by the Association provided:

- (a) The competition was conducted according to the Rules of Swimming NSW or such variances as specifically set down in these Rules;
- (b) Appropriate timing equipment was used for the competition;
- (c) The Referee and Starter are appropriately accredited officials and satisfied that the competition was conducted according to the applicable rules of competition;
- (d) The results of the competition are forwarded to the Registrar as a Meet Manager backup of the competition within five (5) calendar days of the completion of the competition together with the names of the Referee and Starter.

## **R5.3 CLUB MEETS**

R5.3.1 Clubs shall be entitled to conduct one meet per competition year where the competition year is defined as a Summer Season and a Winter Season (see R16 for definitions of Seasons).

R5.3.2 Club meets shall be approved by the Competitions Committee and included on the Swimming ACT competition calendar.

R5.3.3 Club meets shall conform to the requirements set down by the Competitions Committee as part of the approval process.

## **R6 COMPETITION RESTRICTIONS**

R6.1 A swimmer must be aged 12 years or older to enter a freestyle event of 800m or longer or a 400m individual medley event at an Association conducted meet.

## **R7 CHAMPIONSHIP AND OTHER QUALIFYING TIMES**

R7.1 The qualifying time for each ACT Championship event shall be based on the NSW State qualifying time for the relevant event plus 10%.

R7.2 Where a relevant event is not listed in the NSW State qualifying time charts, the Competitions Committee shall determine the championship qualifying time to apply to the event.

R7.3 The championship qualifying time to apply to a 50m event under R7.2 shall be a multiple of .45 of the equivalent 100m event.

R7.4 The championship qualifying time to apply to a 200m event under R7.2 shall be a multiple of 2.2 of the equivalent 100m event.

R7.5 The Competitions Committee may set a championship qualifying time for an event at its discretion if the Committee determines that such a qualifying time is in the best interests of the Association.

R7.6 The championship qualifying times, as determined in R7.1 to R7.5, shall be used to derive the Intermediate division break times for the development series. The Intermediate break time shall be set as the qualifying time for the equivalent championship event plus 10%. Where no equivalent championship event exists, the Competitions Committee shall determine the Intermediate division break time for that event.

R7.7 The Competitions Committee shall set appropriate qualifying and/or break times, where applicable, for all other Association meets.

## **R8 CHAMPIONSHIP POINTSCORES**

### **R8.1 POINTSCORE GENERAL**

R8.1.1 The points shown in the following table shall be awarded to the first eight eligible ranked individual swimmers or relay teams:

<b>Eligible ranking</b>	<b>Points</b>
1	35
2	30
3	26
4	23
5	20
6	17
7	14
8	11

R8.1.2 Only Swimming ACT registered swimmers and relay teams are eligible for points.

R8.1.3 Where more than one eligible competitor or relay team obtain the same ranking in an event both, or all such competitors or relay teams, shall be awarded the points appropriate to that ranking and the next one or more respective numerical rankings shall be deleted accordingly.

R8.1.4 Points shall not be awarded where a competitor or team is disqualified or does not achieve the entry qualifying time for the event, if set.

### **R8.2 ACT CHAMPIONSHIPS (LONG COURSE)**

R8.2.1 Points will be awarded to the first eight (8) finishing Swimming ACT registered swimmers for each age group, as specified in R8.2.2, for each Championship event.

R8.2.2 Age groups: 8 and under, 9, 10, 11, 12, 13, 14, 15, 16, 17 and 18 and over.

R8.2.3 A separate male and female club pointscore will be compiled to determine the Champion Club for Men and Women respectively.

### **R8.3 ACT CHAMPIONSHIPS (SHORT COURSE)**

R8.3.1 Points will be awarded to the first eight (8) finishing Swimming ACT registered swimmers for each event.

R8.3.3 A club pointscore will be compiled to determine the Champion Club.

## R8.4 AGE CHAMPIONS

R8.4.1 Age Champions shall be recognised for both Men and Women in the age groups specified in R8.2.2 based on points gained at the relevant long course ACT Championships as specified in R8.2.1.

R8.4.2 For swimmers aged 8 and under, the age champion shall be determined using points gained at the Championship meet for the following events: 50m freestyle, backstroke, breaststroke and butterfly.

R8.4.3 [Deleted]

R8.4.4 For all other age groups, the age champion shall be determined using the seven (7) highest scoring events for that swimmer from points gained at the Championship meet, provided the swimmer competed in at least five (5) events.

## R9 ASSOCIATION PREMIERSHIPS

R9.1 The Association shall conduct premiership competitions as follows:

- (i) a Men's Premiership to be awarded to the club scoring the most points in the male individual championship events listed in Rule R2.1 at the long course Championship meet;
- (ii) a Women's Premiership to be awarded to the club scoring the most points in the female individual championship events listed in Rule R2.1 at the long course Championship meet;
- (iii) a Relay Shield to be awarded to the club scoring the most points at the Relay Championships meet;
- (iv) an Intermediate Premiership to be awarded to the club scoring the most points determined as follows. Points, as set down under R8.1.1, shall be allocated to each club for each Series age group for both the boys and girls in both the current Summer Series and the preceding Winter Series using the published Series final points rankings for Intermediate level swimmers and the published club of the swimmer;
- (v) a Development Premiership to be awarded to the club scoring the most points determined as follows. Points, as set down under R8.1.1, shall be allocated to each club for each Series age group for both the boys and girls in both the current Summer Series and the preceding Winter Series using the published Series final points rankings for Development level swimmers and the published club of the swimmer;
- (vi) a Short Course Championship Premiership to be awarded to the club scoring the most points in the individual championship events at the short course Championship meet;
- (vii) a President's Premiership trophy to be awarded to the club scoring the most premiership points as defined in R9.2 below.

R9.2 For the purposes of the President's Premiership Trophy, premiership points will be awarded for club placings in the mens', womens', preceding short course, Intermediate and Development Premierships and the Relay competition. Premiership points will be awarded using the pointscore set down in R8.1.1.

R9.3 The Pointscore for each premiership is to be compiled under the direction of the Association Registrar.

R9.4 The club winning each premiership shall be entitled to have its name inscribed on the trophy for that premiership.

## **R10. EVENT ENTRY FEES**

R10.1 The Executive shall set entry fees for all events for Association competitions, including Development Series competitions, and such fees shall be advertised in the fixture listings.

R10.2 The fees for events at Association approved meets shall be set by the promoting body.

## **R11. ORGANISATION OF MEETS**

R11.1 The Competitions Director shall be responsible for the organisation and efficient conduct of Association meets while the promoting body shall be responsible for the organisation and efficient conduct of Association approved meets.

R11.2 The Competitions Director or promoting body shall undertake all financial responsibility in connection with such Association approved meets.

R11.3 Initial programs inviting entries for an Association championship meet shall be issued at least three (3) calendar months prior to the start date of the championship. The initial program for all other Association meets and Association approved meets shall be issued at a time determined by the Competitions Director or promoting body.

R11.4 The initial program shall advise:

- (a) the events to be conducted at the meet in order;
- (b) the closing date for entries which shall be not more than 21 days prior to the meet;
- (c) the entry fee for each individual or team entry;
- (d) the address(es) to which entries should be forwarded;
- (e) the date and venue of the meet; the starting time of each session and the time at which the pool will be available for warm-up for each session; and
- (f) any special conditions.

## **R12. ENTRIES FOR ASSOCIATION AND ASSOCIATION APPROVED MEETS**

R12.1 Entries for Association meets and Association approved meets shall be made through the Club Race Secretary or other such official appointed for that purpose.

R12.2 Entries should be submitted electronically, in Meet Manager compatible format, to the email address stated on the initial program or as notified from time to time to Club Race Secretaries.

R12.3 Entry cards are not required for electronically submitted entries, however the entry file should be accompanied by a report naming the club, or team, and listing the details of individual entries (swimmers name, sex, date of birth and for each event: the event number, stroke, distance, entry time and when and where the entry time was achieved) and team relay entries (event number, stroke and distance, team identifier, team members and the order in which they will compete for each entry).

R12.4 Where entries are submitted on entry cards, Swimming NSW type multiple entry cards shall be used. The following information is required for individual entries:

- (i) The swimmer's name, sex, date of birth, age for the purpose of the meet, club or team name, meet name and date;
- (ii) For each event being entered: event number (as set down in the meet program); stroke, distance, entry time (adjusted for course, if applicable) and when and where the entry time was achieved;
- (iii) Each entry is to be verified by the submitting official and signed by them to confirm the verification.

The following information is required for relay team entries:

- (iv) The club or team name, meet name and date;
- (v) For each event being entered: event number (as set down in the meet program); stroke, distance, entry time (adjusted for course, if applicable) and the names of the team members and the order in which they shall compete;
- (vi) A list of swimmers with their sex, date of birth and age applicable for the meet.

Entries shall be accompanied by a summary sheet listing all events entered by each swimmer or relay team and the appropriate entry fee. The summary sheet should also provide the contact details of the submitter.

R12.5 Late entries will not be accepted for meets unless specifically noted in the meet rules.

R12.6 Where the length of the venue pool for the meet is other than the length of the pool in which the swimmer achieved the entry time for the stroke and distance of an event, the time shall be adjusted as set down in R12.7, provided the meet program specifies that adjusted times are permitted.

R12.7 Entry times should relate to the course in which the meet is to be conducted.

R12.7.1 To convert Short Course (25m) times to Long Course (50m) times, add the relevant constant from the Table below.

R12.7.2 To convert Long Course (50m) times to Short Course (25m) times, subtract the relevant constant from the Table below.

R12.7.3 Constants used must be those that apply to the age group when the time was established e.g. if the swimmer was 14 years when the time was established then the 14 years constant would be used even if the swimmer has turned 15 years. This applies to both age and open events.

R12.7.4 Table of Constants in seconds for 25m to 50m conversion and vice versa:

<b>Distance</b>	<b>15 years &amp; over</b>	<b>14 years &amp; under</b>
<b>Freestyle</b>		
<b>50m</b>	0.5	0.3
<b>100m</b>	0.9	0.7
<b>200m</b>	1.9	1.5
<b>400m</b>	3.8	3.1
<b>800m</b>	11.3	6.5
<b>1500m</b>	20.0	12.0
<b>Backstroke</b>		
<b>50m</b>	0.7	0.5
<b>100m</b>	1.5	1.1
<b>200m</b>	3.0	2.4
<b>Breaststroke</b>		
<b>50m</b>	0.6	0.4
<b>100m</b>	1.5	1.0
<b>200m</b>	3.5	2.2
<b>Butterfly</b>		
<b>50m</b>	0.6	0.4
<b>100m</b>	1.3	1.0
<b>200m</b>	3.3	2.0
<b>Individual Medley</b>		
<b>200m</b>	3.6	2.5
<b>400m</b>	8.1	5.5

### **R13 PREPARATION OF MEET PROGRAMS**

- R13.1 The promoting body shall prepare a program for each meet with the events listed in the order in which they are to be conducted.
- R13.2 For each event, entrants, their club or team and submitted time shall be listed either:  
 (a) in order from fastest to slowest  
 or  
 (b) divided into heats.
- R13.3 For each Association championship event, the program shall show the existing ACT records (both Allcomers and Resident), the current championship record and the current title holder along with the date, the name of the record holder and their club and the time.
- R13.4 For all Association meets, the program shall include instructions to entrants advising the procedure for notifying an intention to withdraw from an event. It shall also include general starting instructions to competitors and warm-up procedures.

### **R14 MEET OFFICIALS**

- R14.1 The promoting body shall appoint a Meet Director who shall be responsible for all matters concerning the organisation and conduct of the meet other than matters within the jurisdiction of the Referee. The promoting body shall advise the Competitions Director of the name of the Meet Director not less than 14 days prior to the meet.
- R14.2 The Referee at an Association meet, or an Association approved meet, shall be a Swimming Australia Limited (SAL) accredited or recognised Referee.

R14.3 The Starter at an Association meet, or an Association approved meet, shall be a SAL accredited or recognised Starter.

R14.4 The promoting body shall be responsible for the appointment of sufficient, suitably experienced officials to run the meet.

**R15 ASSOCIATION RECORDS**

R15.1 The Association Registrar shall compile and maintain Association records as follows:

- (i) ACT Resident Records and ACT Short Course Resident Records. The best performance on record established by a member of a club affiliated with the Association or a team from such a club;
- (ii) ACT Records and ACT Short Course Records. The best performance on record established in the Associations jurisdiction.

R15.2 There shall be a separate set of records established for male and female swimmers.

R15.3 There shall be a separate set of records established for long course and short course i.e. for records set in 50 metre pools and for those set in 25 metre pools.

R15.4 A list of records will be made available to clubs following the completion of each season.

R15.5 Records shall be compiled from official meet results submitted to the Registrar and results published by Swimming NSW, SAL, FINA and other FINA recognised bodies.

R15.6 An Association open record may be set by a swimmer in any event of that style and distance or from a recognized split time for that style and distance achieved in a longer event or as the lead swimmer in a relay event.

R15.7 The distances and groups in each style for which records shall be maintained are as follows:

Long Course		Open	17 yrs	16 yrs	15 yrs	14 yrs	13 yrs	12 yrs	11 yrs	10 yrs	9 yrs	8 yrs
Freestyle	50m	X	O	X	X	X	X	X	X	X	X	U
	100m	X	O	X	X	X	X	X	X	X	U	
	200m	X	O	X	X	X	X	X	X	U		
	400m	X	O	X	X	X	X	U				
	800m	X										
	1500m	X										
Backstroke	50m	X	O	X	X	X	X	X	X	X	X	U
	100m	X	O	X	X	X	X	X	X	X	U	
	200m	X	O	X	X	X	X	X	U			
Breaststroke	50m	X	O	X	X	X	X	X	X	X	X	U
	100m	X	O	X	X	X	X	X	X	X	U	
	200m	X	O	X	X	X	X	X	U			
Butterfly	50m	X	O	X	X	X	X	X	X	X	X	U
	100m	X	O	X	X	X	X	X	X	X	U	
	200m	X	O	X	X	X	X	X	U			
Individual	200m	X	O	X	X	X	X	X	X	U		
Medley	400m	X	O	X	X	U						

Short Course		Open	17 yrs	16 yrs	15 yrs	14 yrs	13 yrs	12 yrs	11 yrs	10 yrs	9 yrs	8 yrs
Freestyle	50m	X	O	X	X	X	X	X	X	X	X	U
	100m	X	O	X	X	X	X	X	X	X	X	U
	200m	X	O	X	X	X	X	X	X	U		
	400m	X	O	X	X	X	X	X	U			
	800m	X	O	X	X	X	X					
	1500m	X	O	X	X	X	X					
Backstroke	50m	X	O	X	X	X	X	X	X	X	X	U
	100m	X	O	X	X	X	X	X	X	X	X	U
	200m	X	O	X	X	X	X	X	X	U		
Breaststroke	50m	X	O	X	X	X	X	X	X	X	X	U
	100m	X	O	X	X	X	X	X	X	X	X	U
	200m	X	O	X	X	X	X	X	X	U		
Butterfly	50m	X	O	X	X	X	X	X	X	X	X	U
	100m	X	O	X	X	X	X	X	X	X	X	U
	200m	X	O	X	X	X	X	X	X	U		
Individual	100m	X	O	X	X	X	X	X	X	X	X	U
Medley	200m	X	O	X	X	X	X	X	X	X	U	
	400m	X	O	X	X	X	X	X	U			

where:

X indicates the age of the swimmer

O indicates that age or over

U indicates that age or under.

R15.8 The age for record purposes shall be taken as the age on the first day of a meet series, provided that such meet shall not exceed a period of sixteen (16) days. Where the meet series exceeds sixteen (16) days, each sub meet within the series shall be treated as a separate meet for the purposes of this Rule.

## R16 SUMMER AND WINTER SEASONS

R16.1 The course length, long or short, used for competition purposes is generally determined by the swimming season with long course events conducted during the summer season and short course events during the winter season.

R16.2 The summer season (long course) commences on 1 October and ends on 31 March of the following year.

(i) The commencement of the season may occur prior to 1 October where a long course Association meet or a club meet approved by the Association is conducted during the preceding September. The start date of any such meet will then be taken as the summer season commencement date for that season.

(ii) The conclusion of the season may occur after 31 March where a long course Association meet or a club meet approved by the Association is conducted during the following April. The end date of any such meet will then be taken as the season end date.

R16.3 The winter season (short course) commences on 1 April and ends on 30 September of the given year.

(i) The commencement of the season may occur prior to 1 April where a short course Association meet or a club meet approved by the Association is conducted during the preceding March. The start date of any such meet will then be taken as the season commencement date for that season.

- (ii) The conclusion of the season may occur after 30 September where a short course Association meet or a club meet approved by the Association or the NSW Development meet is conducted during the following October. The end date of any such meet will then be taken as the season end date.

## **R17 TOP 10 AND TOP 20 RANKINGS**

- R17.1 The Association Registrar shall compile swimmer rankings during each swimming season and publish the top 10 and top 20 rankings as set out in R17.3.
- R17.2 There shall be separate rankings established for male and female swimmers.
- R17.3 The swimming season shall determine the course to apply to the season rankings with ranking for long course events during the summer season and short course events during the winter season.
- R17.3 Where national Championships fall outside the season start and end dates, as defined in R16, results from those Championships shall be included in the season results without alteration to the season start or end date.
- R17.4 Where national or NSW state Championships fall outside the season start and end dates, as defined in R16, results from those Championships shall be included in the season results without alteration to the season start or end date.
- R17.5 Swimmers performances shall be compiled from official meet results submitted to the Registrar and results published by Swimming NSW, SAL, FINA and other FINA recognised bodies.
- R17.6 A recognised time may be set by a swimmer in any event of that style and distance or from a recognised split time for that style and distance achieved in a longer event or as the lead swimmer in a relay event.
- R17.7 The age to be used for ranking purposes is the age of the swimmer as defined for the meet at which the result was achieved.
- R17.8 The distances and groups in each style for which Top 10 rankings shall be maintained are as follows:

		17 yrs	16 yrs	15 yrs	14 yrs	13 yrs	12 yrs	11 yrs	10 yrs	9 yrs	8 yrs
Freestyle	50m	O	X	X	X	X	X	X	X	X	U
	100m	O	X	X	X	X	X	X	X	X	U
	200m	O	X	X	X	X	X	X	X	X	
	400m	O	X	X	X	X	X	X	X	X	
	800m	O	X	X	X	X	X				
1500m	O	X	X	X	X	X					
Backstroke	50m	O	X	X	X	X	X	X	X	X	U
	100m	O	X	X	X	X	X	X	X	X	U
	200m	O	X	X	X	X	X	X	X	X	
Breaststroke	50m	O	X	X	X	X	X	X	X	X	U
	100m	O	X	X	X	X	X	X	X	X	U
	200m	O	X	X	X	X	X	X	X	X	
Butterfly	50m	O	X	X	X	X	X	X	X	X	U
	100m	O	X	X	X	X	X	X	X	X	U
	200m	O	X	X	X	X	X	X	X	X	
Individual	100m*	O	X	X	X	X	X	X	X	X	U
Medley	200m	O	X	X	X	X	X	X	X	X	U
	400m	O	X	X	X	X	X				

\* 100m Individual Medley is only included in winter season (short course) rankings.  
where:

X indicates the age of the swimmer

O indicates that age or over

U indicates that age or under.

R17.9 The Top 10 rankings are rankings by age for the strokes and distances listed in R17.8. The 10 swimmers with the fastest times for each age group, stroke and distance achieved during the season shall be recognised in the published Top 10.

R17.10 The Top 20 rankings are open rankings for the strokes and distances listed in R17.8. The 20 swimmers with the fastest times for each stroke and distance achieved during the season shall be recognised in the published Top 20.

## **R18 SWIMMER TRANSFERS**

R18.1 Where a swimmer transfers to an Association club from another club, the receiving club Registrar or Race Secretary shall notify the Association Register of such transfer prior to that swimmer competing in any competitions.

R18.2 The Race Secretary of the club receiving any such transferring swimmer is to use their best endeavours to obtain the current swimming record for that swimmer for all courses, strokes and distances for which the swimmer has previously competed.

## **R19 HANDICAP RACES**

### **R19.1 HANDICAPPING PROCEDURES**

The following guidelines are provided to ensure uniform handicapping and conduct of events.

The swimmers best time for the event (stroke and distance) or other such time as set down in the rules for the competition shall be used as the entry time. Entrants will be seeded so that competitors of similar standard will comprise each heat. When the entries are seeded into heats the entry time will be used for calculating the starting number of the entrant for the event. Each heat will be handicapped as follows,

for example:-

Lane No.	1	2	3	4	5	6	7	8
Entry Time	80.00	79.41	78.15	77.00	76.82	75.46	75.20	74.81
Handicap Starting	Go	1	2	3	3	5	5	5
Numbers in Seconds	Limit							scratch

The competitor in lane one (1) will start on the Starters command 'get ready, go', the others starting as their allotted number is called.

If a swimmer submits an entry time of 45 seconds for 50 metres and swims 43.12 seconds in the heat the swimmer may be re-handicapped in the next round using 43 seconds, however, should the Handicapper or Referee believe the competitor could have bettered 43 seconds the competitor shall be re-handicapped using a new time of say 42 seconds as appropriate to the opinion of the Handicapper or the Referee.

### R19.3 HANDICAP EVENTS

In all handicap events, the Starter, when all are ready, shall give the words "get ready...go", and count the seconds distinctly from a stop-watch started simultaneously with the word "go" commencing at "one" until the actual scratch competitors number has been called. Any competitor starting before "go" or the starting number is called shall be disqualified, unless the competitor returns immediately to the original starting point at the wall and restarts, but not before the starting number is called. It shall not be necessary to return to the starting platform.

R19.4 In handicaps all stations shall count according to the order in which names appear on the program, from the limit competitor on the right.

### R19.5 HANDICAPPING

R19.5.1 The Handicapper or the Referee for the event shall have the power to alter any competitors handicap after each qualifying round based on the time achieved by the swimmer in the previous round.

R19.5.2 The Referee shall disqualify a competitor from an event if he breaks his handicap time by more than:

2 seconds	up to 50 metres
4 seconds	up to 100 metres
6 seconds	up to 200 metres
10 seconds	up to 400 metres
20 seconds	up to 800 metres
40 seconds	up to 1500 metres

R19.5.3 Any person who is proved to have willfully given incorrect information on a handicap entry form or to have withheld information which is required by the Rules to be disclosed shall be deemed to be guilty of misbehaviour or unfair practice in connection with swimming and the entrant shall be disqualified from the event.

## **R20 JAMES BROPHY MEMORIAL MEET**

R20.1 The Association shall conduct annually after the Association Championships a meet to be known as the "James Brophy Memorial Meet".

The goal of the meet is to improve the standard of competitive swimming in participating districts.

The objective of the meet is to provide a competition which encourages friendly participation, challenge and district recognition.

R20.2 Swimming NSW Rules apply except where noted elsewhere in R20.

R20.3 The meet will be a long course meet.

R20.4 All events shall be timed finals.

R20.5 Competition limited to two heats per individual event, one heat per relay event.

R20.6 Each district may enter two (2) competitors per individual event, one per heat. The fastest competitor nominated will swim in heat 2. Each heat will be seeded according to entry times submitted. The competitors best season time shall be submitted as the entry

time. If only one competitor is nominated by a district, then the competitor shall be seeded in heat 2.

R20.7 A District team is limited to a maximum of 60 competitors.

R20.8 Substitutions will be permitted at the meet, provided they are first notified to the Chief Recorder. Authorised substitutes will swim in the lane of the swimmer they are replacing. There will be no reseeding of heats.

#### R20.9 ELIGIBILITY TO COMPETE

R20.9.1 District teams may not include members of elite squads such as the Australian Institute of Sport or any National or State Squad.

R20.9.2 Swimmers who have qualified to compete in either a 50m, 100m, or 200m Australian Age or Australian Open Championship event, at the conclusion of the current summer season NSW Age Championships (or equivalent) may not compete in either an individual or team relay event in that particular stroke.

R20.9.3 Swimmers who won a medal in their current age group at the current summer season NSW Age Championship or the NSW State Open championships (or equivalent) over distances of 50m, 100, or 200m may not compete in either an individual or team relay event in that particular stroke.

R20.9.4 When a District, despite best endeavours, is unable to include a second representative in all events for a particular age group, a swimmer from the immediate younger age group may be nominated provided that the younger age group is fully represented, the representative is the lowest ranked of the nominated swimmers in that younger age group for any individual events. If a swimmer swims in a higher age group for one event then that swimmer is only entitled to swim in that higher age group.

R20.9.5 Relay teams however, with the exception of the 16 years and over teams (see R20.9.4) are to be comprised of swimmers in the respective age groups.

R20.9.6 Relay teams are to comprise swimmers who compete in at least one individual event at the Meet.

R20.9.7 Multi-Age Relays are to comprise one swimmer from the following age groups: 9&U, 10, 11, 12, 13, 14, 15, 16&O. The order of the swimmers will be from the oldest to the youngest.

R20.9.8 Mixed Relay teams must comprise at least one member of each sex.

R20.10 Medal shall be awarded to the first three place getters in both individual and relay events.

R20.11 Participation certificates shall be issued to all competitors.

R20.12 A team point score will be compiled for the meet. Team points shall be allocated as follows:

Heat 1: 8, 7, 6, 5, 4, 3, 2, 1 from 1<sup>st</sup> to 8<sup>th</sup> respectively

Heat 2: 10, 9, 8, 7, 6, 5, 4, 3 from 1<sup>st</sup> to 8<sup>th</sup> respectively.

R20.13 Each competing District shall be allocated a handicap based on the results of the previous Brophy Meet.

Such handicap shall be deducted from the points gained by the District under R20.12.

The District with the highest net point score shall be awarded the James Brophy Memorial Trophy.

R20.14 The District which gains the highest points, as allocated under R20.12, shall be awarded the Peter Love Trophy.

R20.15 The rules and conditions under which the meet is to be conducted in the following year may be amended by a committee comprising a representative of each competing district meeting on the day of the meet.

## Change log

Date	Change
16 June 2010	R1.2 inserted
18 August 2010	R15.8 inserted
17 November 2010	Rule 8.2.1 amended: “Championship” inserted ahead of the word “event”  R8.4.3 [Deleted] For swimmers aged 9 years, the age champion shall be determined using points gained at the Championship meet for the following events: 50m freestyle, 100m freestyle, backstroke, breaststroke and butterfly and 200m individual medley.