

Iowa YMCA Competitive Swimming

State Swim Rules

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Table of Contents

Overview

General

Section One	Timelines
Section Two	Team Eligibility
Section Three	Technical Rules
Section Four	Administrative Rules
Section Five	Rules Committee
Section Six	Certifications – Officials and Coaches

Specific

Section One	Age Groups
Section Two	Dual Meets
Section Three	Championship Meets
Section Four	Awards and Scoring
Section Five	Records and Reports

The Iowa YMCA Competitive Swimming program will strive to promote healthy competition in a dedicated effort to reach one's potential with dignity, integrity and sportsmanship. The Iowa YMCA Competitive Swimming program believes character development, focusing on the values of caring, honesty, respect and responsibility, is an essential element to this program

Caring: To love others and be sensitive to the well being of others involved in the sports program

Honesty: To have integrity, making sure that one's actions match one's values through participation in the program

Respect: To value the worth of every person, including oneself, one's teammates, opponents and officials.

Responsibility: To be accountable for one's behavior and obligations.

Timelines and Deadlines for the 2022/23 YMCA Season

September 1 -	Coach and Team Registration opens on YUSA Websites.
September 11 -	Iowa YMCA Swim Team Meeting
September 30 -	Updated coaches information and contact information needed
November 1 -	Iowa YMCA Competitive Swim Season Begins
November 19 -	Final Team Roster due with payment to Iowa YMCA Swimming*
November 30 -	Deadline to register coaches with YUSA for free
December 4 -	Swimmer must be full members of YMCA to be Championship eligible
December 4 -	Dual Representation deadline.
January 8 -	Written information sent by all Sectional Host Teams to all teams.
February 6 -	Sectional entries due by midnight to each Sectional Meet Host
February 11 -	Iowa YMCA Sectional Meet Weekend
February 14 -	Sectional meet results due to Lydia by midnight
February 20 -	State Swim Meet entries due to State Host Site by midnight
February 22 -	Nominations due for Iowa All Star Team
February 22 -	Suggested rule changes submitted
February 22 -	Bids due for Iowa YMCA State Meet for 2024
March 4 & 5 -	Boys & Girls Iowa State Meet (GIRLS on Sat/BOYS on Sun)
March 17-19 -	YMCA Regional Meet. Wellmark YMCA, Des Moines, IA

*Note: A separate payment to YUSA is also required. Information regarding this can be found in the YMCA Competitive Swim Rule document on the Iowa YMCA website or Regional YMCA Site.

SECTION TWO – TEAM ELIGIBILITY

The eligibility of a swimmer shall be determined by the YMCA of which they are competing so long as the YMCA/Association observes the rules of good sportsmanship and fair play as provided in the Iowa Rules that Govern and the YMCA of the USA's *Rules that Govern YMCA Competitive Sports*

The eligibility rules and regulations are as follows:

- A. Each swimmer must be a full privileged annual member of their respective YMCA.
- B. Each swimmer must be a regular member of their respective YMCA for a minimum of thirty (30) days before being considered eligible to enter any YMCA meet.**
- C. A swimmer must represent the same YMCA swim team throughout the season. Variance to this, where it may not serve the best interest of the swimmer or YMCA, must have each individual case submitted in writing to the Iowa YMCA Competitive Swimming Chairperson. The Chair may rule on such requests. The Chair may call upon the Executive Committee for review and decision, whose decision shall be final.
- D. To be eligible to participate in an Iowa YMCA Sectional Championship meet, a swimmer must have participated in at least three YMCA CLOSED meets that season. (*see section four – Administrative Rules*)

SECTION THREE – TECHNICAL RULES

YMCA swim meets are conducted according to the current USA Swimming technical rules.

Flyover starts will be used at championship meets.

A modified Clerk-of-Course may be used at championship meets. Sectional hosts will notify visiting teams of the type of Clerk-of-Course they will be using.

YMCA Safety Exceptions from the USA Swimming Technical Rules

1. A certified lifeguard should be on duty at all times and should have the sole responsibility of guarding the pool. Coaches who hold lifeguard certification are not to be considered on-duty lifeguards.
2. Pool depth should be at least five feet at any end of the pool where racing dives will be performed. If the pool water depth at the starting end of the pool is less than the prescribed five feet, all swimmers must start their races in the water, even if starting blocks are available.
3. Time Finals for all our Iowa YMCA swim meets. (A "No Show" (NS) or "Declared False Start" (DFS) will count as an event, but will NOT eliminate the swimmer from further competition.
4. December 1 is the date used to determine Swimmer's Age Group for the season.
5. Lead-off splits cannot be used for state qualifying times or state records.
6. Iowa YMCA State Records can only be set at the Iowa YMCA State Meet.

SECTION 4 – ADMINISTRATIVE RULES

Rules That Govern YMCA Competitive Sports shall be the rules regulating and governing all closed YMCA meets, Sectional and State Championship meets. All YMCA competitive swim programs must comply with these rules. These rules are established by the National YMCA Competitive Swimming and Diving Advisory Committee.

CLOSED COMPETITION: When YMCA teams compete only against other YMCA teams.

The minimum standards of a YMCA inter-association meet are:

- At least two (2) teams from different YMCA associations (different association numbers) take part
- At least six (6) competitors from each team participate
- At least six (6) events are contested, including one four-person single-sex relay
- At least one (1) coach from each competing team
- Officials (in all cases at least two (2) officials must be YMCA certified including one certified as a Level II Official who acts as the Meet Referee
- Dual Meets require at least three (3) officials including a starter, a referee and an administrative official. The starter and referee may also serve as stroke and turn judges if necessary
- All other meets require at least four (4) officials including a referee, a starter (who may also act as a stroke and turn judge), a stroke and turn judge and an administrative official.
- Any YMCA Level II certified official can function as the administrative official, but not in that role and in another deck role (eg. the deck referee cannot also serve as the Admin Official)
- USA Swimming certified officials may assist with the officiating, provided that there are at least two YMCA certified officials, one of whom is YMCA Level II certified and acts as the meet referee.
- No admission may be charged for YMCA meets
- All events are timed finals

OPEN COMPETITION: The YMCA considers OPEN COMPETITION to be competition in which athletes representing different kinds of organizations may compete. An example is USA Swimming meets because YMCA swimmer (who are registered with USA Swimming) and non-YMCA swimmers (who are registered with USA Swimming) may compete. Also, a YMCA meet where YMCA teams and other local swim clubs not affiliated with a YMCA compete against each other is considered an "open" meet.

SECTION FIVE – EXECUTIVE COMMITTEE

The Iowa YMCA Competitive Swimming Executive Committee Chair and Co-Chair shall be appointed by the Iowa YMCA Alliance Executive Committee. A designated Iowa YMCA CEO will serve as a representative of YMCA Competitive Swimming on the Iowa YMCA Alliance Executive Committee. The Iowa YMCA Competitive Swimming Executive Committee will oversee and interpret the rules for the program and determine eligibility in Iowa YMCA competitive swimming.

1. The committee shall consist of:

Chair (*approved by Alliance*)

Co-Chair (*approved by Alliance*)

A range of 7 to 10 representatives

2. Terms shall be rotating three-year terms so that not all members are replaced each year. A representative must “sit out” for a one-year term before they can re-apply to be part of the executive committee.

- In the event that there are no applicants for a vacancy, the Iowa YMCA Alliance Executive Committee, at their discretion, shall have the latitude to allow a representative to remain for one-year until a qualified applicant is found.
- A Nominating Committee shall fill vacancies on the Iowa YMCA Competitive Swimming Executive Committee. The Nominating Committee shall consist of the current committee chair, the CEO Representative for competitive swimming on the Iowa YMCA Alliance Executive Committee, another representative from the Iowa YMCA Alliance, as designated by the Iowa YMCA Alliance Executive Committee and two former members of the Iowa YMCA Competitive Swimming Executive Committee, preferably past chairs. *A transitional period nominating committee shall be established and approved by the Iowa YMCA Alliance Executive Committee to begin this process.*

3. A majority vote by the committee will be sufficient on all matters. This committee would be the final authority on all matters dealing with eligibility or results of any race or meet, as well as acting as the Championship Meet Committee at the State Championships.

4. The Iowa YMCA Competitive Swimming Executive Committee shall be responsible for annually reviewing the rules to ensure they are in compliance with National YMCA Competitive Swimming and Diving technical assistance paper and to ensure that they are up-to-date and relevant for the coming season – this shall be done after the State Championship Meet and prior to the next season. This includes but is not limited to:

- State qualifying times (which shall be set by the committee and reviewed every three years)
- The number of swimmers the past season and anticipated number of sections for the upcoming season
- State competitive swimming season and state championship meet timeline

5. The Iowa YMCA Competitive Swimming Executive Committee shall establish a budget for the competitive swimming season year by June 1st each year and submit it to the Iowa YMCA Alliance Executive Committee for approval. A copy of the approved budget shall be provided to the fiscal agent Y.

6. Each YMCA Association will cover the allowable “upfront” expenses of their staff member or volunteer serving on the Iowa YMCA Competitive Swimming Executive Committee. The YMCA will submit those expenses for reimbursement to the fiscal agent Y with proper authorization from the CEO and documentation. The fiscal agent Y will promptly reimburse local associations for the approved expenses. The fiscal agent Y will provide a monthly report to the Iowa YMCA Competitive Swimming Executive Committee detailing all income and expenses related to the program and the current cash balance. Those reports will be made available upon request to the Iowa YMCA

Alliance Executive Committee. A year-end financial summary report will be provided to the Iowa YMCA Alliance Executive Committee following the state championship meet, prior to submitting the next year's budget.

7. The Iowa Competitive Swimming Executive Committee shall have the following duties concerning the state championship meet:

- Establish the date and site of the competition
- Be responsible for provisions in the Hospitality Room for officials and volunteers
- Be responsible for the state championship t-shirts (design, ordering and delivery)
- Set the swimming entries for the competition, including determining eligibility
- Be responsible for providing deck passes to appropriate personnel
- Interpret rules for the competition and settle questions or disputes that arise
- Be responsible for providing extra programs for coaches
- Be responsible for awards/ribbons for Sectional meets and the State Meet to ensure consistency and quality

SECTION SIX - CERTIFICATIONS

Coaches: Safety Certifications

Iowa YMCA Competitive Swimming requires that all coaches who work with YMCA competitive swimmers be currently certified in the following area. Coaches must hold current certifications in these areas in order to be permitted on the deck at the YMCA championship meets.

CPR
First Aid
Lifeguarding or Safety Training for Swim Coaches
Principles of YMCA Competitive Swimming and Diving <http://www.ymcaswimminganddiving.org/>

The YMCA of the USA recognizes certifications from the following organizations:

American Red Cross
American Heart Association
American Safety and Health Institute
National Safety Council
YMCA of the USA

The YMCA of the USA recognizes the following basic-level certifications as meeting the Safety Training for Swim Coaches or Lifeguarding requirement (Note: Instructor certifications are not acceptable.):

SAFETY TRAINING FOR SWIM COACHES CERTIFICATIONS

YMCA of the USA:

☐ YMCA of the USA Coaches Safety course (currently under development)

American Red Cross:

☐ Safety Training for Swim Coaches (full course, fast track option, review or challenge; 3 year certification)

LIFEGUARDING CERTIFICATIONS

The following lifeguard certifications listed below will be accepted WITH proof of successful completion of the online Safety Training for Swim Coaches written test housed on USA Swimming's website. Visit www.usaswimming.org and choose 'Member Resources > Coaches > Online Learning' to access this.

Upon successful completion of the online written test you will receive a confirming e-mail from USA Swimming indicating successful completion. Print the confirmation e-mail and submit it and a copy of the acceptable required lifeguard card to your regional **YMCA Swimming Group Representative**.

The expiration date, for the safety requirement purposes, will be the earliest date on either the confirming Safety Training for Swim Coaches e-mail (valid for three years) or the acceptable lifeguard certification

YMCA of the USA:

☐ YMCA Lifeguard (2 year certification) with Safety Training for Swim Coaches online written test

American Red Cross:

☐ Lifeguarding/First Aid/CPR/AED (2 year certification) with Safety Training for Swim Coaches online written test

International Lifeguard Training Program (Ellis & Associates):

☐ Pool Lifeguard Training (1 year license validity) with Safety Training for Swim Coaches online written test

☐ Special Facilities Training (1 year license validity) with Safety Training for Swim Coaches online written test

Starfish Aquatics Institute:

☐ StarGuard (1 year certification) with Safety Training for Swim Coaches online written test

Officials

YMCAs are required to have YMCA certified officials to officiate at home and away dual meets.

For a meet to be recognized as a qualifying closed competition meet, it must meet the following officiating requirements:

Dual Meets require at least three (3) officials including a starter, a referee and an administrative official. The starter and referee may also serve as stroke and turn judges if necessary

All other meets require at least four (4) officials including a referee, a starter (who may also act as a stroke and turn judge), a stroke and turn judge and an administrative official. it must be officiated by at least two YMCA certified officials, one of whom must be a Level II and will be the meet Referee.

The YMCA Swim Officials' Certification Program involves three basic levels of certification.

Level I Certified Officials are trained to take on the roles of a stroke and turn judge, relay take-off judge, timer and scorer.

Level II Certified Officials are authorized to act as referees, starters and chief judges, in addition to any of the Level I positions.

The **Administrative Official** determines the official place, time, order of finish and scoring for individual races, events and meets. The must:

- Be able to identify potential timing system problems
- Understand the steps to be taken in investigating and resolving potential timing system problems
- Be aware of other potential administrative issues and how to handle them

All new officials must begin as Level I officials. To be eligible to attend the Level II clinic, an official has to have served at least one year as a YMCA Certified Level I Official and have worked at least 8 meet sessions as a certified official. All official candidates for either level must be associated with a recognized YMCA competitive swimming program. Approval of the Executive Director of the YMCA sponsoring the candidate, or his/her designee, is required for any person to take a clinic and become a YMCA Certified Swim Official.

YMCA Swim Officials certifications are valid for 3 years and individual proof of current certification must be available at all meets. Individuals re-certify by attending the appropriate YMCA Swim Official course. Re-certification also requires that the official has worked at least 12 sessions on deck as a certified official during the three-year certification period. Up to one half of the session requirement may be satisfied by working on deck as a certified official at USA swimming meets.

Iowa YMCA Competitive Swimming

Specifics

SECTION ONE – AGE GROUPS

Iowa YMCA Swim Season (November 1st thru the State Championship Meet)
An athlete will swim the current season based on the age they are on **December 1.**

Iowa YMCA Swimming shall consist of 7 age groups

Individual Events 8 and Under, 9-10, 11-12, 13-14, 15 and Over, Senior (15-21), and Open (12-21)

A swimmer may move up one (1) age division for relay purpose only. This would allow for the following relay make-up (8 and Under, 10 and Under, 9-12, 11-14, and Senior (13-21)

NOTE: No swimmer can be over the age of 21 and/or participated on a college team

YMCA National Swim Meet

An athlete must be at least twelve (12) years of age, and not older than twenty-one (21) years of age on the first day of the National Championship Meet. Any student who represents or has at any time represented an educational institution beyond grade 12 in competitive swimming or diving shall be ineligible to participate in the National YMCA Swim Meet.

SECTION TWO – DUAL/TRI MEETS

Iowa YMCA Competitive Season November 1st through the State Championship Meet

- A. Dual/Tri Meets shall be conducted according USA Technical Rules
- B. A swimmer is allowed to enter only 3 individual events and 2 relays in a dual meet, unless otherwise agreed upon by all participating coaches
- C. Exhibition swimming is at the discretion of the host team. If the swimmer is swimming outside his/her age group except for relay purposes, the swimmer must swim exhibition.

YMCA Dual/Tri Meets

Dual/Tri meets can be open or closed competitions. (See section 4 – Administrative Rules)

SECTION THREE – CHAMPIONSHIP MEETS

YMCA Championship Meets

Iowa YMCA Championship Meet handbook will be the governing handbook for the Iowa YMCA Championship Meets. Swimmers are required to have a YMCA Certified Coach present to participate in Championship Meets.

Iowa YMCA Sectional Swim Meet

1. To be eligible to participate in the Iowa YMCA Sectional Championship meet, a swimmer must have participated in at least three YMCA CLOSED meets
2. All events are timed finals
3. Championship Meets held on Sunday mornings are required to conduct a non-denominational worship service at the start of the meet.
4. No admission may be charged for YMCA meets

Championship Committee at Sectionals shall consist of:

1. Member of the Iowa YMCA Competitive Swimming Executive Committee
2. Head Coach (1 or 2)
3. Meet Director
4. Head Referee

Iowa YMCA State Swim Meet

A swimmer may qualify for the Iowa State Swim Meet at any of the regular YMCA season meets within a particular season. Times submitted for the state swim meet must have come from a YMCA meet (an exception to this will be for HS swimmers). A swimmer must have competed in 3 regular season meets to be eligible to compete in the State Swim Meet.

Relays may be submitted comprising of 4x swimmers that have met the 3 meet requirement and with a combined time that is equal to or better than the state Q time for that event. Swimmers without a Q time in an individual event may be used for relay purposes only when the combined 4 swimmers time meets the Q time requirement. A relay may also qualify at a sectional swim meet.

1. A swimmer may qualify at any YMCA closed swim meet within the season
2. Swimmers must better or equal the State Qualifying Time (QT)
3. Iowa YMCA State Meet is a CLOSED Competition Meet
4. Championship meet is scored

Championship Committee at State shall consist of:

1. Iowa YMCA State Competitive Swimming Executive Committee
2. Head Referee

National YMCA Championship Meet

National YMCA Short Course Swimming Championship <http://www.ymcaswimminganddiving.org>

SECTION FOUR – AWARDS AND SCORING

Dual Meets Awards are determined by host team

Y Sectional Meet

Medals 1-3

Ribbons 4-8

Participation Ribbons 9-up

Scoring thru 8 places

Individual Events

9, 7, 6, 5, 4, 3, 2, 1

Relay Events

18, 14, 12, 10, 8, 6, 4, 2

Y State Meet

Medals 1-3

Ribbons 4-8

Participation Ribbons 9-up

Scoring thru 8 places

Individual Events

9, 7, 6, 5, 4, 3, 2, 1

Relay Events*

18, 14, 12, 10, 8, 6, 4, 2

Each team may enter as many relays as they can fill without duplicating a swimmer, however, only one relay from each team may score in each age group. Relay awards will be presented in order of finish.

SECTION FIVE– REPORTS/RECORDS

Iowa YMCA Swim Team must submit the following by November 16 swim in the current season.

1. \$30.00 Fee – Payable to Iowa YMCA Competitive Swimming **(Done Annually)**

- ☐ For Iowa YMCA Competitive Swimming for administrative costs
- ☐ Iowa YMCA Swim Team Registration Form

Checks need to be made out to: Iowa YMCA Competitive Swimming

Mailed to:

Iowa YMCA Competitive Swimming
c/o Donald Pirrie
1614 West Mount Vernon Road
Mount Vernon, IA 52314

2. YUSA **Team** Registration www.ymcaswimminganddiving.org

3. YUSA **Coach** Registration www.ymcaswimminganddiving.org **(Done Annually)**

- a. \$50.00 fee per team for 1-100 coaches deck passes
- b. All coaches must be registered to be on deck – certification copies are uploaded to this site.

Payment must be completed online for YUSA Registration. Please refer to the 'Y Team Registration and Sanction Information 2019-20 document for further instructions on how to complete this step.

Questions? Please email:

Donald Pirrie (iowayswimming@gmail.com)
Group Representative Swimming and Diving Y of the USA