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I. BACKGROUND AND PURPOSE. Section I contains the specific rules and procedures that apply to swim meets that are sanctioned within Iowa Swimming, Inc. (“IASI”). Every Meet Director and referee of a meet should familiarize themselves with this Section of the IASI Policies and Procedures. *(Revised BOD 01/2026)*

Additional requirements for IASI Championship Meets are contained in Section K of the IASI Policies and Procedures. Any team hosting an IASI Championship Meet should also familiarize itself with Section K.

II. MEET SANCTION CLASSIFICATIONS. Swimming competitions with IASI shall be conducted under the following classifications.

A. Sanctioned Meet. May only be hosted by a USA Swimming Club. All clubs, athletes, coaches, meet directors, and officials must be members of USA Swimming. All coaches must be current coach members of USA Swimming.

B. Approved Meet. May be hosted by a USA Swimming or non-USA Swimming Club. Both USA Swimming and non-USA Swimming clubs and swimmers can compete in an Approved Meet. Approved Meets must be conducted in conformance with all technical rules of USA Swimming and officiated by USA Swimming certified officials and (other than YMCA meets and NCAA meets) require approval of USA Swimming. *(Revised BOD 01/2026)*

C. Observed Meet. A meet conducted by a non-USA Swimming Club under other than USA Swimming rules. Only the Iowa High School State Meets, the Iowa Girls Regionals and Iowa Boys District qualify as Observed Meets. The meet is observed by a minimum of two USA Swimming Stroke and Turn officials for conformance with applicable USA Swimming technical rules.

D. Organized Practice (No sanction required). Must be hosted by a USA Swimming Club. All clubs and swimmers (after the two week “trial” period has elapsed) must be members of USA Swimming. All coaches must be coach members of USA Swimming. Coaches must supervise the practice to ensure all USA Swimming safety procedures are followed. Times achieved during a practice are not valid and no announcement or results are required.

III. OPEN COMPETITION BIDDING PROCEDURE. Swim meets within the Iowa LSC are scheduled and awarded under the following bidding procedure.

A. The General IASI Meet Schedule.

1. Approval by Board of Directors. The Coach Representatives to the IASI Board of Directors shall present a General Meet Schedule to the IASI Board of Directors for approval at the IASI December Board meeting.

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2. LSC Championship Meets. The General Meet Schedule shall provide dates for the IASI Championship Meets for the forthcoming program year beginning September 1st and ending August 31st.

The IASI Board of Directors is responsible for developing contracts with the facilities to host the IASI Short Course Championships, IASI Age Group Short Course Championships and IASI Long Course Championships. These contracts should be established before the General Meet Schedule is published as provided in item 4., below. During the bidding process, IASI will encourage clubs to bid for those meets at the contracted facilities (or developed agreements of use) and publish a reimbursement rate for which host clubs must remit to IASI at the time the IASI Meet Financial Summary (APP-11) is sent to the IASI Administrative Office.

3. House of Delegates Meetings. The Board of Directors will add the Spring and Fall House of Delegates (“HOD”) Meetings to the General Meet Schedule and approve the General Meet Schedule.

4. Publication of General Meet Schedule. The approved General Meet Schedule shall be sent to all IASI club representatives and coaches and posted on the IASI website no later than January 31st of the calendar year.

B. The IASI Annual Schedule of Meets.

1. Bid Application. To host a meet, a member organization must complete the IASI Bid Application to Host a Meet (APP-4). All Bid Applications must be delivered to the IASI Administrative Office by March 15th of each calendar year. A club must complete one Bid Application for each meet the club wishes to host.

2. Late Bid Applications. Additional Bid Applications received after March 15th but before the Annual Schedule of Meets is approved, except for a Bid Application to host an IASI Championship meet when no other team has bid to host the meet, shall be considered a Late Bid. A Late Bid is subject to the Late Bid Fee.

3. Late Bid Fee. Once the IASI Schedule of Meets is published, the club shall pay a Late Bid fee equal to the applicable sanction fee, in addition to the sanction fee, for the type of meet that was bid late and still published on the schedule. *(Revised BOD 01/2024)*

4. Black-Out Dates. A Bid Application will not be accepted if the Application proposes to host a meet on the same weekend as any IASI Championship Meet or on the same day as a HOD Meeting.

5. Summary and Publication of Meet Bids. After March 15th but before the Meet Bids Task Force, the IASI Administrative Office will review and summarize all Meet Bid

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Applications. This summary shall be known as the IASI Schedule of Meets. The IASI Administrative Office will return to bidders any Meet Bid Applications that have errors or questions. The IASI Schedule of Meets will be sent to all Club Representatives and Coaches and posted on the IASI website before March 25th of each calendar year.

6. Meets Exempt from Application Process. A club does not need to complete and submit a Meet Bid Application for any meet of 150 swimmers or less or a closed meet with three or less teams.

C. **The Meet Bids Task Force.** *(Revised BOD 08/2023)* The Meet Bids Task Force will be made up of one representative from all IASI Clubs that have submitted a Meet Bid Application. Said task force shall meet on the second Saturday in April at a location and time to be determined by the Admin. Vice Chair. The meeting location must allow for clubs to participate in this meeting via conference call or video conference. In the event that the second Saturday in April is less than one week prior to the Spring HOD meeting, the meeting shall be moved to be held at least one week prior to the Spring HOD meeting. Notification as to a time and place of the Meet Bids Task Force meeting will be sent to all club representatives and Coaches and posted on the IASI website before March 25th of each calendar year. If the second Saturday in April is the day before Easter, then the Meet Bids Task Force meeting will be held on the first Saturday in April.

1. Voting on the Schedule. Each club will be given two votes and two voices on the task force with one non-athlete and one athlete representing each club. The club's delegate must be designated at the time of roll call of attendance. *(Revised BOD 05/2025)*

2. Purpose of Task Force. The purpose of this task force is to work with the clubs to establish the best meet schedule for the upcoming Winter and Summer seasons and to help clubs develop a meet that will assist with the development of the swimmers within the IASI LSC.

3. Attendance Required. In order to be awarded meets, the club must have a representative attend the meeting. Participation via conference call or video conference shall suffice to satisfy this attendance requirement. If technical difficulty with video conferencing occurs at the site of the meeting, the meeting will be delayed one hour. An alternative to the meeting may be to call and participate by phone. The meeting may continue by conference call if all agree.

4. Late Bid Applications Accepted. A club may bring a Late Bid Application to the meeting, subject to the Late Bid fee. At this time they shall become a member of the Meet Bid Task Force, provided they are present before the start of the meeting. *(Revised BOD 01/2024)*

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5. Chair of the Task Force. The Senior Vice Chair and the Admin. Vice Chair will head the task force and neither shall vote. In case of a tie, the Senior Vice Chair will vote to break the tie.

6. Meeting Procedures:

a. The Senior Vice chair will chair the meeting.

b. The Admin. Vice Chair shall call roll.

c. The chairpersons will provide a calendar and the IASI Schedule of Meets received prior to the meeting.

d. The Senior Vice Chair will ask for any new bids.

e. The task force will then add any new bids to the list.

f. The task force will vote on the bid for each IASI Sanctioned Meet beginning with the winter season followed by the summer season. The summer season shall be considered only after the winter season has been established. When considering each season, the Task Force will start with the Championship Meet(s) and fill the calendar in reverse chronological order. *(Revised BOD 01/2024)*

g. Each task force member will be given two minutes to explain any rationale pertaining to each particular bid.

7. Establishment of the Annual Schedule of Meets. The goal of the meeting is to let the clubs vote on the proposed Annual Schedule of Meets. By the conclusion of the meeting, the forthcoming year's Proposed Annual Schedule of Meets will be established.

8. Changes to the Proposed Annual Schedule of Meets Prior to Approval. Once the Meet Bid meeting has concluded, any changes to the proposed schedule must be presented to the IASI Board of Directors (BoD) for consideration. *(Revised BOD 01/2024)*

D. Approval of the Proposed Schedule. Once the Proposed Annual Schedule of Meets is established by the Meet Bids Task Force, it will be provided to the BoD for approval. The BoD shall approve the Annual Schedule of Meets, and the approved Annual Schedule of Meets shall then be sent to all Club Representatives and Coaches and posted on the IASI website prior to the Spring House of Delegates meeting. *(Revised BOD 01/2024)*

E. Changes to the Annual Schedule of Meets after Approval. Once the Annual Schedule of Meets is approved by the BoD, meets may be added, changed, moved or removed from the schedule, provided the club has met the following conditions:

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1. Notification. The club must notify the Senior Vice Chair and the Admin. Vice Chair of the change in writing and a copy of the notice of the change must be sent to the IASI Office.

2. Change Fee. At the time of sanctioning, the club shall pay the applicable sanction fee and an additional Change fee equal to twice the applicable sanction fee for the type of meet that is being added, changed, or moved. If the meet is being removed from the meet schedule, the Change fee shall be due immediately. *(Revised BOD 01/2024)*

3. Exceptions. If circumstances beyond the club's control are the cause of the removal from the meet schedule, the club shall notify the Senior Vice Chair and Admin. Vice Chair and a copy of the notice shall be sent to the IASI office. They will then recommend to the Board of Directors if suspension of the Change fee is warranted. Waiver of the Change fee is voted upon by the IASI Board of Directors.

IV. MEET ANNOUNCEMENTS.

A. The Meet Format. The Meet Director is responsible to create and submit the Meet Announcement for sanctioning. *(Revised BOD 01/2026)*

B. Event Limitations. USA Swimming Rules 102.2 sets the general rules for the limitations on the number of events a swimmer may compete in per day. *(Revised BOD 4/2022)*

V. MEET SANCTIONING. To obtain a sanction for a swim meet, the meet announcement must conform to all USA Swimming Rules and Regulations and all IASI Policies and Procedures. No Sanctions or Approvals will be issued within the jurisdiction of IASI during the published dates of the IASI Championship Series and House of Delegates meeting. Appeals may be considered with consent of the Senior Vice Chair and Administrative Vice Chair. Final decision of appeal shall be made by the IASI Board of Directors. *(Adopted HOD 4/25/2021)*

A. Steps to Sanction a Meet. The following steps must be taken to sanction a meet that will be held within IASI.

1. Submit Meet Announcement and Fee. Submit a draft of the meet announcement in MS Word or some similar editable format to the IASI Admin. Vice Chair and the IASI Administrative Office.

2. Initial Draft Deadlines. First drafts of the meet announcement must be emailed or mailed to the Admin. Vice Chair and IASI Administrative Office no later than the following dates:

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Invitationals

Minimum 60 days before the meet starts

Closed competition

Minimum 14 days before the meet

(Duals, Intrasquad, Triangular, etc.) starts

These dates are deadlines. A meet host will be assessed a fine based on the date the first draft of its meet announcement is received:

Invitationals

- \$20 – 59 to 46 days before the meet starts
- \$50 – 45 to 31 days before the meet starts
- \$100 - 30 to 21 days before the meet starts
- \$300 - 20 to 15 days before the meet starts
- \$500 - Less than 15 days before the meet starts

Closed Competition:

- \$50 – 13 to 8 days before the meet starts
- \$100 – Less than 8 days before the meet starts

(Revised BOD 4/10/2022. Effective 9/01/2022)

3. Open Water Events *(Adopted HOD 4/28/2019)*

- a. Any Open Water Event is a swim meet that takes place in an outdoor body of water such as an ocean, river or lake.
- b. The Meet Host submits the Application for Sanction to the IASI Office for the Open Water Event.
- c. The Meet Host completes and submits the online USA Swimming Open Water Meet Application. A copy will automatically be sent to the Meet Director, LSC Sanction Chair and USA Swimming.
- d. The LSC and USA Swimming review the application and make suggestions as needed.
- e. Once changes are made and/or the application complies with requirements, it will be signed by LSC and USA Swimming.
- f. The Sanction Chair signs off and issues valid sanction number
- g. After receipt of approval, the meet host shall provide the LSC Office with the sanction fee for sanction. Sanction and Splash Fees shall be the same as other IASI Sanctioned Meets.
- h. Initial Draft Deadlines shall be the same as for an Invitational Meet.

B. **Sanction Fee.** Sanction fees are:

- \$5 Intrasquad
- \$20 Dual; Time Trials
- \$50 Invitational (open or closed); Triangular – One Day
- \$100 Invitational (open or closed) – Two or more Days
- \$50 Approved Meet – One Day

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\$100 Approved Meet – Two or more Days
(Revised BOD 2/27/2021)

C. Review of Meet Announcement. The Admin. Vice Chair or the Sanction Committee will review the meet announcement and return it to the meet director and referee named in the meet announcement with any necessary changes. The sanction number will be issued once the meet announcement is approved.

D. No Meet announcements can be distributed until a sanction number has been issued for the meet. (Revised BOD 01/2026)

The following fines and suspensions will be imposed when clubs violate this policy: (Revised BOD 9/20/2020)

- First offense: Written warning
- Second offense within a five year period: \$300.00 fine
- Additional offenses within a five year period: \$600.00 fine per violation and six month suspension from receiving meet sanctions

E. IASI Meet Announcement Requirements. To receive a sanction number, all meet announcements must conform to all rules and regulations of USA Swimming and the following additional IASI policies and procedures:

1. Required Statements. The meet announcement must contain the following statements:

a. “Held under the sanction of USA Swimming and Iowa Swimming, Inc (IASI).”

b. “It is understood and agreed that USA Swimming and IASI shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.”

c. “Current USA Swimming technical and administrative rules as well as IASI policies and procedures will govern this meet.” (Revised BOD 10/09/2022)

d. “All swimmers must be members of USA Swimming. The meet host will notify teams if they have entered swimmers whose memberships cannot be verified through pre-meet reconciliation. Those swimmers must prove membership to the meet host by either (i) showing the athlete’s member card from the USA Swimming mobile app or website, or (ii) demonstrating that the athlete appears on a current club roster report produced from SWIMS 3.0. Screenshots of the athlete’s member card is NOT acceptable proof of membership. Any swimmer who fails to prove membership no later than 10 minutes prior to warm-ups for the first session in which they are entered to compete will not be permitted to compete, forfeits their entry fees, and will be

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administratively disqualified from the entire meet.” *(Adopted BOD 10/09/2022. Effective January 1, 2023)*

- e. Seed Times – The meet announcement should clarify if times converted from different course lengths or estimated times will be accepted. *(Adopted BOD 01/2026)*

2. Late Entries. The meet announcement will establish the rules of that meet regarding the acceptance of late entries. If the acceptance of late entries is not addressed in the meet announcement, then late entries will be accepted up until the start of warm-ups and the late entry fee will be double the meet’s regular entry fee.

VI. DISTRIBUTING THE MEET ANNOUNCEMENT.

A. **No Changes.** **NO** changes can be made to the meet announcement once the meet announcement has been approved and the sanction number has been issued. The meet host should contact Admin. Vice Chair if changes to the meet announcement are necessary or requested.

B. **Deadline for Distribution.** Meet announcements are to be sent to all club contacts no later than 45 days prior to the start of the meet. A copy of the meet announcement and event file must also be sent to the IASI Administrative Office. The IASI Administrative Office will post the meet announcement on the IASI calendar of events.

VII. SPECIFIC MEET OPERATING RULES.

A. **The Meet Program.** The meet host must post or provide all participating teams with a “Psych Sheet” or a meet program before the start of the meet. *(Revised BOD 01/2026)*

1. Meet Evaluation and Meet Protest. The IASI Meet Evaluation Form and Meet Protest Form must be made available to all coaches, athletes, and spectators who attend the meet. *(Revised BOD 01/2026)*

B. Meet Entries and Fees.

1. Submitting Entries. IASI Meet Entry Form (APP-7) is used for individual and relay manual entries. Entries may also be submitted electronically using Meet Manager or other compatible software. For invitational meets, entries are to be accepted no later than 30 days before the start of the meet. *(Revised BOD 01/2026)*

2. Meet Entry Fees. A club submitting meet entries using USA Swimming’s On-Line Meet Entry system or a system other than Hy-Tek should use IASI Financial Sheet (APP-8.1, 8.2 or 8.3) to calculate and submit entry fees to the meet host.

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3. Payment of Entry Fees. Entry fees are paid by check, or money order made payable to the meet host. One check should be used to pay all entry fees and the IASI swimmer surcharge. The meet announcement may provide alternatives for paying entry fees.

4. Entry into the Meet. Once a team entries have been accepted by the meet host, that team is considered entered into a meet. The meet host is not permitted to rescind a team's entries after confirmation that the team is entered into the meet. Confirmation shall be when the meet host has notified the club in writing of its entrance into the meet. A team entering a meet is responsible for entry fees for all swimmers and relays entered into the meet. Changes or scratches in a team's entries prior to the entry deadline do not relieve a team of the responsibility to pay for confirmed entries.

5. Fees. Meet hosts may charge the following types of entry fees:

- a. Event Entry Fees - Meet hosts may charge any amount for individual and relay entry fees.
- b. Facility Fees - Meet hosts may charge a facility fee per swimmer entered into meets.

(Revised BOD 03/03/2024)

6. Entry Fees for Outreach Members. USA Swimming Outreach members who have also been confirmed by the LSC Registrar as IASI Outreach athletes may enter the maximum number of individual events for a total entry fee of \$5, which includes the swimmer's IASI swimmer splash fee and if charged, the swimmer's facility-use fee. *(Revised BOD 08/28/22)*

7. Late Fees. Meet hosts may charge up to double the normal entry fee for late entries.

8. IASI Swimmer Surcharge. Except for out-reach swimmers, the meet hosts shall collect an IASI Swimmer Surcharge from each athlete where times are entered into SWIMS for all IASI Sanctioned and Approved meets except for Time Trials associated with an Approved or Sanctioned meet. The IASI Swimmer Surcharge for Outreach Swimmers' participation will be waived for Outreach members of USA Swimming who have also been confirmed by the LSC Registrar as IASI Outreach athletes. The Board of Directors and the House of Delegates shall determine the amount of the IASI Swimmer Surcharge through the annual budgetary processes. *(Revised BOD 08/28/22)*

9. Refunds.

- a. Entry Fees. Entry Fees are not refundable except if a swimmer is required to scratch an event in a 'BB' or 'B' meet by virtue of having achieved an 'A' or 'BB'

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time, respectively, in an event after submitting the meet entry; in this event the entry fee for the scratched event will be refunded.

b. IASI Swimmer Surcharge. The IASI Swimmer Surcharge but not the entry fee will be refunded in the event an entire meet is canceled.

c. Age-up Exception. If an Age Group meet is postponed by weather or other reason, a swimmer who ages up before the new meet date and is eliminated from competition because they do not meet the qualifying time in their new age group, shall be permitted to enter the new age group events at the cut-off time. If they choose not to enter, their original entry fees shall be returned.

10. Spectator Fees. A meet host may charge a spectator fee if the meet has qualifying standards faster than the IASI Q time standard.

11. Program Fees. Meet hosts may charge for programs or heat sheets, but may not include program fees with entry fees or as a requirement for participation. *(Revised BOD 03/03/2024)*

C. Entry Deadlines. The meet announcement will establish a deadline for submitting entries to the meet, no sooner than ten days before the meet. This deadline will be strictly adhered to, and failure to comply with it may, in the discretion of the meet host, result in a refusal to accept the entry or assessment of an additional fee as a late entry.

Only IASI clubs and non-IASI member clubs that attended the meet the previous year may enter the meet during the first seven days that entries are being accepted. All teams can submit entries after the first seven days.

D. Verification of Members. The meet host must verify that all athletes, coaches, and officials participating in the meet are members of USA Swimming. *(Revised BOD 03/05/2023)*

1. Pre-Meet Reconciliation. As soon as possible after the entry deadline has closed, but no later than the Tuesday before the start of a weekend meet, the meet host must:

a. Send a Meet Manager Backup file to the IASI Administrative Office. Upon receipt, the IASI Administrative Office will check the athlete entry information with SWIMS and notify clubs of any athletes not properly registered with USA Swimming. 24 hours prior to the start of the meet, the IASI Office will notify the meet host and the Meet Referee of any remaining unregistered athletes. The meet host must then work with clubs of these remaining unregistered athletes entered in the meet to correct the registration discrepancies or the athletes will not be permitted to swim in the meet.

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Times achieved by ineligible swimmers at the meet will not be entered into SWIMS.
(Revised BOD 01/2026)

b. For hosts NOT using Meet Manager or other compatible software, the meet host will notify the IASI Administrative Office after the entry deadline and indicate which teams will be participating in the meet. The IASI Administrative Office will send a listing of registered athletes for all participating teams. The meet host must verify all athletes or make other arrangements with the IASI Administrative Office to verify the athletes.

c. No competitor will be permitted on deck, in locker rooms, or any other area designated for competitors unless the swimmer's membership in USA Swimming has been verified in the pre-meet reconciliation or in accordance with sub-paragraph (d) below.

d. It is the responsibility of any swimmer whose membership in USA Swimming is unable to be verified during the pre-meet reconciliation to prove membership to the meet host no later than 10 minutes prior to the beginning of the warm-up for the first session in which the swimmer has been entered to compete. Membership must be proven by either (i) showing the athlete's member card from the USA Swimming mobile app or website, or (ii) demonstrating that the athlete appears on a current club roster report produced from SWIMS 3.0. Screenshots of the athlete's member card is NOT acceptable proof of membership. Any swimmer who fails to prove membership will not be permitted to compete, forfeits their entry fees, and will be administratively disqualified from the entire meet. (Adopted BOD 10/09/2022. Effective January 1, 2023)

E. General Meet Operation Requirements. All IASI sanctioned meets must be conducted under the following general requirements.

1. USA Swimming Memberships. All athletes, coaches, and officials MUST be current coach or non-athlete USA Swimming members.

2. Proof of Membership. All officials and coaches are required to produce proof of their current membership in USA Swimming as well as coaching and official credentials immediately upon request by the meet's referee or his delegate. A meet host may issue specifically designed meet credentials which may be required to be worn so they are clearly visible to the meet officials and Meet Director at all times.

3. Coaches Sign-In (APP-29). All coaches participating in this meet must sign the Coaches Sign-In form (APP-29) and verify that all coaching certifications required by USA Swimming and IASI are current. IASI will fine the meet host \$50 if they allow a coach to

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participate and the coach does not have current coaching credentials. *(Adopted BOD 01/2026)*

4. No spectators on deck. The only people allowed on deck are swimmers participating in the meet, credentialed coaches, officials, and volunteers running the meet. No spectators are allowed within the competition area of the pool. If necessary, the meet's referee shall define the competition area of the pool.

5. Meet program and final results. Any club that is represented at any IASI swim meet by one swimmer and a certified coach will receive a complimentary meet program and electronic final results. Hard copy of final results can be requested for \$5.00 on the meet financial form.

F. IASI Required Meet Committee. Before the start of each session, the Meet Director or the meet's referee shall establish a Meet Committee. This Committee is responsible for resolving disputes and administrative protests. The Meet Committee will not consider judgment decisions made by the deck officials, as those are under the jurisdiction of the meet's referee. The committee consists of the Meet Director, meet's named referee, a coach representative, an athlete representative, and a meet official. Where a prior decision by a Meet Referee or Meet Director is brought to the Meet Committee, that person shall recuse themselves from the decision by the Meet Committee.

(Revised: HOD 10/10/2021 effective 04/01/2022)

The Federal law which created National Sports Governing Bodies such as USA Swimming states that an athlete cannot be suspended from competition, even temporarily, without a hearing. Members of the Meet Committee should keep in mind their responsibility to conduct emergency hearings and need to either be available or keep meet management informed of where they will be during the course of the meet. A meeting of the Meet Committee must be arranged to permit a timely decision even if the athlete must compete under protest. Decisions of the Swim Meet Committee are first tier decisions and may be appealed to the IASI Administrative Board of Review after the conclusion of the meet.

G. IASI Scratch Rule.

1. Applicability. The IASI scratch rule shall be in force at all meets which have not clearly defined the meet's scratch rules in their meet announcement.

2. Individual Scratch Rule. Each swimmer shall be knowledgeable of the meet starting time and shall report to the proper meet authorities promptly upon call.

3. Pre-Seeded Meets. Each swimmer shall report promptly as outlined in the meet announcement prior to the start of each race in which the swimmer is entered.

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a. Any swimmer not reporting for or competing in an individual timed final event shall not be penalized.

b. Any swimmer not reporting for or competing in a preliminary heat when finals are scheduled shall not be penalized.

4. Deck Seeded Events. 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 he or she notifies the administrative official or the meet's referee or his designee before the seeding for that event has begun that he or she wishes to scratch. Failure to scratch prior to seeding or failing to declare a false start and not swimming the event will result in being barred from the next individual event in which he or she is entered on that day or the next meet day, whichever is first. Events seeded on the deck shall be closed for seeding no earlier than 30 minutes prior to the start of the competition for the session in which the event occurs.

5. Positive Check-In Events. For deck-seeded events which require positive check-in, swimmers must declare their intent to scratch the event if they are not going to swim the event. The options for swimmers who fail to check-in are:

a. Swimmers will be scratched from the event if they fail to check-in by the deadline. They will not be allowed to swim the event.

b. Swimmers will be down seeded to the slowest heats and the slowest lanes if they fail to check in.

c. Swimmers will be scratched and will only be allowed to re-enter if there are empty lanes available after seeding.

d. Other options stated in the meet announcement.

6. Scratching from Finals Heats.

a. Any swimmer qualifying for a final race, regardless if the race is the final heat, consolation heat, or bonus heat, in an individual event who fails to compete in said consolation final or final race shall be barred from further competition for the remainder of the meet, except as noted in paragraph 7 below.

b. In the event of withdrawal or barring of a swimmer from competition, the meet's referee shall fill the consolation final or final when possible with the next qualified swimmer. First and second alternates shall be announced along with the final qualifiers. Alternates shall not be penalized if unavailable to compete in the finals.

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c. Where consolation finals have not yet been swum and a barring or withdrawal is known to the referee, the referee shall reseed the consolation final and the final, if necessary, to insert the alternates in the appropriate lanes, filling all lanes in the final.

d. If a consolation final has already been contested, the companion final shall be swum without reseeding for the empty lanes.

e. Declaring a false start or deliberately delaying the meet is not permitted and will be regarded as a failure to compete.

7. Exceptions for Failure to Compete. No penalty shall apply for failure to withdraw or compete in an individual event if:

a. A swimmer qualifying for a consolation final or final race following preliminaries notifies the meet's referee or his designee within 30 minutes after announcement of the qualifiers for that final race that he or she may not intend to compete and further declares his or her final intentions within 30 minutes following his or her last individual preliminary event.

b. An alternate scratched into finals is not contacted or elects not to compete. If the swimmer elects to compete, that athlete becomes subject to the penalty just like any other swimmer who qualified for finals. *(Adopted: 10/10/2021 effective 04/01/2022)*

c. It is determined by the meet's referee that failure to compete is caused by circumstances beyond the control of the swimmer.

8. Relay Scratch Rule.

a. Any relay team entered in a pre-seeded relay event that fails to compete in or report for that event shall not be penalized.

b. Any relay team entered in a relay event that is seeded at the meet that has been checked-in and the swimmers' names declared for that event, must swim the event unless the Clerk of Course is notified before the seeding for that event is begun that the relay team wishes to scratch.

c. A relay team member failing to appear ready to swim for the relay event shall be barred from the next individual event in which he or she is entered, either that day or the next meet day. The relay team members who do appear ready to swim shall not be penalized for failure of any relay team members to appear.

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d. Relay teams or team members who give acceptable notification to the deck referee of illness, injury, or that failure to compete is caused by circumstances beyond the control of the swimmer(s) shall not be penalized.

H. The IASI Mandatory Warm-Up Procedure. IASI has established prescribed warm-up procedures to govern the warm-up period at all IASI sanctioned meets. The meet's referee of an IASI sanctioned meet must follow and strictly enforce these procedures.

1. General Warm-Up Rules.

a. Entry into the Pool. There will be no diving during the general warm-up period. All swimmers are to carefully enter the water pool using a feet first entry. Cannonballs, horseplay or jumping over swimmers to enter the water feet first are not permitted. *(Revised HOD 4/22/2017)*

b. Lane Supervision. There shall be appropriate supervision for each lane during warm-ups based on the type and size of the meet as determined by the meet's referee.

c. Sprint Lanes. No change in the designated use of a lane for warm-up purposes will be permitted unless authorized by the meet referee or the invigilator. *(Revised BOD 01/2026)*

d. Penalties. The meet's referee shall have the power to remove any swimmer, coach or club from the meet for failure to conform to the IASI Mandatory Warm-Up Procedure. Swimmers and coaches are expected to cooperate with the meet's referee and each other in the use of lanes for designated purposes.

e. General Warm-up Period. The meet host is to provide the following general warm-up periods prior to commencing competition:

- i. A minimum 50 minute swimming period prior to clearing the pool for swimmers age 13 & over.
- ii. A minimum 40 minute swimming period prior to clearing the pool for all swimmers age 12 and under.
- iii. A minimum of 30 minutes for intra-squad and dual meets.
- iv. The meet's referee may determine when the general warm-up ends and lanes can be switched to start lanes, pace lanes, and push-start lanes. For 13 & over sessions, at least one lane must remain open for push and pace lanes and one lane will remain open for general warm-up at all times. For 12 & under sessions, at least one lane must remain open for general warm-ups.
- v. All general warm-up lanes will use circle swimming and push off only.
- vi. All swimmers shall enter the water and begin swimming from a designated end of the pool.
- vii. Starts are not permitted during the general warm-up period.

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viii. Swimmers congregated at the end of lanes blocking circle swimming will be asked to either circle swim or leave the water.

f. Specific Warm-up Period:

- i. Unless modified by the meet's referee, the final 50 percent of the prescribed warm-up period shall be allocated to specific warm-up procedures.
- ii. The outside lanes that are used for competition will remain as push start-lanes under the general warm-up procedures unless the meet's referee determines that using the outside competitive lanes will not be an inconvenience to athletes, coaches, officials and spectators.
- iii. Racing starts and sprint lanes will be opened so swimmers may use the starting block and swim one length only beginning at the starting end of the pool.
- iv. No swimmer shall enter the water except at the starting end of the pool.
- v. No swimmer shall be on a block until a backstroker in the water has executed his or her start.
- vi. Pool use is recommended to be as follows:

NUMBER OF COMPETITIVE <u>LANES</u>	RACING STARTS <u>ONE WAY</u>	PUSH ONLY <u>LANES</u>	GENERAL <u>WARM-UP</u>
Four	2,3	1,4	
Five	2,4	1,5	3
Six	2,5	1,6	3,4
Seven	2,6	1,7	3,4,5
Eight	2,7	1,8	3,4,5,6
Ten	2,9	1,10	3,4,5,6,7,8
Twelve	2,11	1,12	3,4,5,6,7,8,9,10

Where circumstances dictate, the meet's referee may open additional lanes for sprint during a portion of the specific warm-up period as specified below.

g. Split Warm-ups. (Revised HOD 4/29/2018)

The maximum number of athletes in a warm-up session will be calculated by multiplying the number of lanes available by the number of athletes per lane listed below:

	SCY	SCM	LCM	
13 and over	15 per lane	17 per lane	34 per lane	
12 and under	20 per lane	22 per lane	41 per lane	

- i. If warm-ups are split, the meet host must follow IASI policies and procedures for each warm-up period. If warm-ups are split into three or more sessions, the host team athletes must be exclusively in the first warm up session. (Adopted BOD 01/2026)

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- ii. In split warm-ups, meet hosts are encouraged to have an equal number of athletes in each warm-up session. *(Adopted BOD 01/2026)*
- iii. Split warm-ups will be 30 minute sessions with each having a 15 minute general and 15 minute specific warm-up period. *(Revised BOD 01/2026)*
- iv. Any time there are 10 & unders warming-up at the same time as 13 & overs, there shall be lanes assigned as 13 & over lanes and 10 & under lanes. The 11 & 12's can warm-up with either age group. The meet host is to use the above formulas to determine how many lanes are needed for each age group. Specific lane assignments based on age groups. The Meet Director and meet referee can select an option which best fits their needs.
- v. When there are no specified events for swimmers ages 10 and under (i.e. events are designated 'Open' or 'Senior') teams are not required to designate warm up lanes for 10 and under swimmers
- vi. Lanes shall be assigned to teams based on the number of entries in each session of the meet.
- vii. The Meet Director will notify each coach or their designee which warm-up period they are in by the Tuesday before the meet.

h. Violation by a Meet Host. The IASI Board of Directors may impose a fine on the meet host for violation of the IASI Mandatory Warm-Up Procedures in accordance with the Penalties section of this document.

- i. Formal protests are to be given to the Meet Director by witnesses and the Meet Director must give the protest to the IASI General Chair within 48 hours of the conclusion of the meet.
- ii. Meet hosts will have the right of appeal to the IASI Administrative Review Board.
- iii. IASI Member meet hosts will not be considered in good standing until fine has been paid.

i. Violation of Procedure by Swimmer. Violation of any safety procedures by a swimmer shall, at the discretion of the meet's referee, be grounds for removal from the warm-up period, the swimmer's next event, or that day's entire meet events. Swimmers who continue to violate safety procedures may be barred from all swim meets for the entire winter or summer season.

VIII. POST COMPETITION WRAP-UP.

A. **Meet Results.** Within 5 days following the conclusion of the meet, the meet host must send the meet results to the IASI Administrative Office and to each club participating in the meet as provided in USA Swimming Rules. The meet host must also send a Meet Manager Back-Up file, or electronic equivalent, to the IASI Administrative Office. *(Revised BOD 01/2026)*

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1. In the event of an official split, the individual event swimmer's or a relay lead swimmer's official split times shall be included under event swum and shall include the swimmer's full name, distance and time.
2. Meet results can be printed in a condensed font, so long as the print is large and clear enough so that times can be accurately read.
3. Prelim/Final Meets. For meets having a prelim-final format, the final times shall be immediately followed by the prelim times for the event, or they shall be printed side by side.
4. Unattached Swimmers. The LSC of an unattached (UN) swimmer must be listed (IA, MN. etc.).

B. Post Meet Reports. *(Revised BOD 11/05/2019)*

1. 24-Hour Reports. Within 24-hours of the conclusion of the meet, send the following to the IASI Administrative Office:
 - a. All Official Split Request Forms (APP-30).
 - b. Any Reports of Occurrence and submit online form to USA Swimming at usaswimming.org/ROO. Send the electronic confirmation to the IASI Administrative Office when it is received from USA Swimming.
2. Reports due in five days. Within five days following the conclusion of the meet the following items are due to:
 - a. the IASI Administrative Office:
 - i. Meet Director report (APP-12r);
 - a. The meet's referee or Meet Director will complete the Meet Referee/Director Report (App-12) for each session of the IASI Sanctioned Meet. The Report shall explain why a session exceeded four hours, and what was done to limit the time the session exceeded the four-hour rule. Such explanations may include mechanical breakdowns, too many swimmers, age group should have been moved, or certain events should have been combined, and any decisions by the meet's referee and Meet Director to reduce the session time. The Report shall be submitted to the IASI Administrative Office with all other post meet reports.

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- ii. Coach Sign-In Form (APP-29); and
- iii. Report the number of swimmers who entered the meet and the number of Outreach swimmers who entered the meet

b. the Officials Chair:

- i. list of officials who worked the meet and positions worked.

3. Reports due in 21 days. Within 21 days after the conclusion of the meet, payment for all ISI Swimmer Surcharges must be received by the ISI Administrative Office.

4. Reports due within 45-days. Within 45-days following the meet, send the ISI Meet Financial Summary (APP-11) to the ISI Administrative Office

5. Meet Host Records. The meet host must retain all meet entry forms, team rosters, and timecards and electronic timing equipment printouts for one year.

6. Report to IASI Board. When all requirements are met, if there are any problems with a meet the problems will be presented to the IASI Board of Directors and the meet host will be advised of any action. Any fines levied by the IASI Board will be payable to IASI and forwarded to the IASI Administrative Office.

IX. **PENALTIES.** The IASI Board of Directors may assess the following Fines upon a meet host. *(Revised BOD 11/05/2019)*

A. **Violation of Mandatory Warm Procedures.** Non-enforcement of the IASI Mandatory Warm-up Procedure - \$100 for each session.

B. **Violation of the Four Hour Rule** – The IASI Board of Directors may fine a meet host for excessive violations of the Four Hour Rule.

C. **Violation of any sanction requirement.** Failing to follow any USA Swimming Rule or Regulation, IASI Policy or Procedure, or the meet announcement during a sanctioned meet - No fine shall be smaller than \$50.00.

D. **Non-registered swimmers.** If the host club allows a swimmer to participate in an IASI sanctioned event who does not have a current USA Swimming membership - \$100.00 fine per non-registered athlete. *(Revised BOD 01/2026)*

E. Failure to receive IASI Swimmer Surcharges or fines. If the IASI Treasurer has not received the required checks or other form of acceptable payment for IASI Swimmer Surcharges or fines within the required time from the conclusion of the meet, the host club will be fined \$100. If payments (including fines) are not received within 30 calendar days of the completion of

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the meet, further penalties of \$100 per 30 calendar days or part thereof until the payments are received.

F. Payment of Fines. All fines are payable to IASI and are to be sent by the meet host to the IASI Administration Office. The IASI Board of Directors may suspend a club's membership or withdraw any previously issued sanctions for swim meets if the fine is not paid. All checks returned for insufficient funds or because of stop-payment are subject to a \$15.00 service charge.