

**NASHVILLE SWIM LEAGUE
CONSTITUTION
(Approved April 21, 2024 for the 2024 Summer Swim Season)**

PREAMBLE

This league, herein constituted, shall be a non-profit organization acting for the purpose of fostering, promoting and sponsoring swim meets in Davidson and surrounding counties in Middle Tennessee to promote summer age group swimming.

ARTICLE I

Name and Authority:

The name of this organization shall be the Nashville Swim League, hereafter known as the NSL, and shall operate subject to the standards, rules, and code of conduct set forth by United States Swimming, unless otherwise stated in this document.

Membership:

- A. Membership in the NSL is completed once the conditions below are met and the current dues are paid. Membership is on an annual basis.
- B. There shall be one category of Membership, which entitles a club to participation in all League activities.
- C. Application to join the League may be received from country clubs, swim clubs or other organizations sponsoring swimming in Davidson County and surrounding counties of Middle Tennessee.
- D. Before a club is accepted into the NSL, its facilities must be inspected and approved by a committee of three members of the Executive Board. One of the committee members must be the USA Swimming Rules interpreter on the NSL Executive Board.
- E. Acceptance will be granted by a vote of two-thirds (2/3) of the League membership.
- F. When changes in facilities are contemplated, Team Representatives must notify the Executive Board in writing of the changes so that the facility can be re-inspected if necessary.
- G. Any member club can have its Membership revoked by two-thirds (2/3) vote of the majority of the established Membership.
- H. A swim club or swim organization must have a minimum base of 20 families to become a member of the Nashville Swim League. Once accepted, should the member numbers fall below the minimum required 20 families, the situation will be reviewed and continued membership will be voted upon by the Executive Board.

ARTICLE II

Executive Board:

The affairs of the NSL shall be the responsibility of the Executive Board, consisting of the President, Vice President, Recording Secretary, Treasurer, USA Swimming (USAS) Rules Interpreter, City Meet Director, and President Ex-Officio. An Assistant City Meet Director and an Assistant Treasurer may serve on the Executive Board with the plan that those two Assistant positions will “step-up” and become the City Meet Director and Treasurer when the aforementioned term expires. Members of the Executive Board shall be elected at the NSL Membership Fall meeting. Coaches may not serve on the Executive Board.

The NSL Board shall include all members of the Executive Board plus Divisional Vice Presidents and be elected by the Membership each year at the May meeting.

The Executive Board’s duties shall include, but are not restricted to the following:

- A. Call the meetings of the NSL;
- B. Manage the finances of the NSL and recommend annual assessments to the Membership for the proper operation of the NSL;
- C. Faithfully conduct the affairs of the NSL to pursue its objectives as set forth in the Preamble of this Constitution;
- D. Nominate selected organizations for Membership in the NSL;
- E. Enforce the Constitution as voted on by the Membership. The Executive Board cannot be called upon to enforce arbitrary agreements between teams;
- F. Set the dual meet schedule for the upcoming season. Best efforts shall be made to release the dual meet schedule by the Winter Membership meeting; and,
- G. Create a Sub-Committee for Protests. This committee shall be made up of the Executive Board’s President and President-Elect, the appropriate Division VP’s (not involved in the dispute), a coach (not involved in the dispute), and the Executive Board’s USAS Rules Interpreter. The purpose of this Sub-Committee is to resolve disputes, which come up during the NSL swim season.

ARTICLE III

Amendments to the NSL Constitution:

Amendments may be made to the Constitution by a two-thirds (2/3) vote of the Membership. The proposed amendment shall be submitted in writing to the Executive Board at least thirty (30) days prior to the meeting to which it is to be acted upon.

BY-LAWS OF THE NASHVILLE SWIM LEAGUE

ARTICLE I

Management:

- A. The affairs of the NSL shall be governed by a majority vote of the active Membership at any properly called meeting at which there is a quorum present. The active Membership shall be composed of the member teams represented by the Team Representative, and the Executive Board. Members of the Executive Board, with the exception of the President, are entitled to vote in all affairs of the NSL. Each Member team is entitled to one vote by its designated Team Representative. The President shall only exercise a vote in the case of a tie. No proxy votes shall be accepted.
- B. Each Team Representative (or his/her designated alternate) shall be entitled to one (1) vote in the affairs of the NSL. Coaches may be alternates.
- C. The Executive Board shall have the authority to act for the League in all matters, subject to the approval, when necessary, of the majority of the Membership at a properly called meeting at which there is a quorum present.
- D. The Executive Board shall consist of:
 - 1. President
 - 2. Vice President
 - 3. Recording Secretary
 - 4. Treasurer and Assistant Treasurer (if applicable)
 - 5. President Ex-Officio
 - 6. City Meet Director and Assistant City Meet Director (if applicable)
 - 7. USAS/NSL Swimming Rules Interpreter
- E. At the discretion of the Membership, officers of the NSL may be combined as a single responsibility.
- F. In addition to the above Executive Board positions, an "Eligibility Sub-Committee" that consists of the NSL President, City Meet Director and Rules Interpreter will be responsible for ruling on protests surrounding a swimmer's open/novice eligibility based on the required information supplied from coaches/Team Representatives and other meet result records from the City Meet and the winter swim season.
- G. The Executive Board shall have the authority to elect members to fill the unexpired terms of any of the above offices left vacant.
- H. The Membership may remove from office by two-thirds (2/3) vote, any member of the Executive Board who shall be negligent in the performance of his/her responsibilities to the League.

Duties of the Officers:

A. President

1. Preside at all NSL Membership meetings;
2. Call meetings for the Executive Board;
Support the City Meet Director (and Assistant City Meet Director, if applicable) in the running of the City Meet;
3. Be responsible for the investigation and outcome of protests and eligibility requirements;
4. Handle all inquiries from Divisional Vice-Presidents;
5. Appoint all committees and be an ex-officio member of those committees;
6. Negotiate and sign contracts (in conjunction with the City Meet Director);
7. Prior to the Fall Meeting at which members of the Executive Board shall be elected, the President shall solicit names of qualified persons interested in serving on the Executive Board. From such names, the President and Vice President shall be responsible for preparing a slate of officers and for providing the General Membership written notice of the slate fifteen days in advance of the Fall Meeting;
8. Order or appoint others to order and distribute all supplies necessary for the running of the NSL and Dual Meet Season; and
9. Be responsible for handling any other NSL issues that may arise during the course of his/her term.

B. Vice President

1. Support the City Meet Director (and Assistant City Meet Director, if applicable) in the running of the City Meet;
2. Conduct the affairs of the League should the current President be unable; and
3. Collect results during winter swim season of those winter meets that have been timed electronically or manually (all "winter league" meets) for the purpose of enforcing Open/Novice designation.

C. Recording Secretary

1. Keep minutes of all meetings (special committees, executive and general);
2. Handle all correspondence for NSL activities including, but not limited to, General Membership Meetings;
3. Work with web design representative on running the NSL website; and
4. Collect ribbon counts and meet supplies inventory.

D. Treasurer / Assistant Treasurer

1. Keep all records of income and expenses;
2. In conjunction with Executive Board, establish budget for next fiscal year;
3. Collect all money due/owed to the NSL;
4. Make all disbursements in conjunction with NSL business;
5. Keep a checking and/or savings account in the NSL name in an accredited institution;
6. Work with paid accountant and maintain 501-3c status;
7. Provide a Financial Report (including Roster Fees, Dues, and City Meet Fees received and outstanding, account balances and expenditures) to the Membership at the Fall, Winter and Spring General Membership Meetings;
8. Receive and require documentation for expense reimbursements from Executive Board Members;

9. Provide a Financial Report (including Roster Fees, Winter Dues, and City Meet Fees received and outstanding, account balances and expenditures) at all Executive Board Meetings. Such report may be provided in writing if the Treasurer is unable to attend in person; and
 10. Maintain a Spreadsheet reflecting on an annual basis (1) all Roster Fees, Dues, and City Meet Fees received and outstanding, and (2) obligations incurred and paid.
- E. City Meet Director / Assistant City Meet Director
1. When necessary, request bids to host City Meet;
 2. Create the Meet Invitation which will guide and enforce City Meet;
 3. Manage, direct and implement the annual City Meet, working in conjunction with the President and Vice President; and
 4. Lead a City Meet Committee to:
 - i. Assemble and distribute all materials necessary for the running of the City Meet ;
 - ii. Select and coordinate design of the City Meet T-Shirt;
 - iii. Be responsible for the printing and ordering of the City Meet T-Shirt;
 - iv. Responsible for assuring that all Members supply workers for the City Meet;
 - v. Secure Timers and Head Timer(s) and Meet Marshalls;
 - vi. Prepare appropriate opening ceremonies for each day of the City Meet;
 - vii. Coordinate the operation and running of the City Meet with the Hosts, Vendors, and NSL Membership(s); and
 - viii. Have on hand all necessary records for checking eligibility of individual swimmers.
- F. USA Swimming Rules Interpreter
1. Be at least minimally certified as a USA Swimming certified Stroke & Turn official;
 2. Advise the Executive Board on rules pertaining to USA swimming and NSL Rules and advise when there are changes made that would affect the running of the Dual/Tri Meet season or City Meet;
 3. Be responsible for scheduling and conducting (or appointing conductors) of Certification Clinics for all summer league parents and coaches; and
 4. Be responsible for holding a coaches meeting before the Dual/Tri Meet season begins.

Member Team Responsibilities:

- A. Pay all dues by Winter General Membership Meeting prior to the upcoming season or be subject to a monthly fine of \$50.00 as determined by the Executive Board;
- B. Have enough adults certified to officiate properly at Dual/Tri meets;
- C. Provide at least one nominee from your team by the Fall General Membership Meeting to be a potential candidate for available NSL board positions;

- D. Submit list of 11 & Up swimmers having achieved at least one (1) "BB" time standard to NSL Secretary by June 1 (refer to Article IV, Section D of *Miscellaneous Rules of the Nashville Swim League* for further details)
- E. Send in team roster by June 15 with one (1) check attached (see Rules, Art. II, C);
- F. If necessary, supplement the team roster and submit one (1) check at City Meet Registration (see Rules, Art. II, C);
- G. Check all equipment required for running a Dual/Tri meet, (starting blocks, ropes, timing equipment, etc.);
- H. Secure all equipment and supplies necessary to host a home meet (entry, DQ slips, starting gun/horn, etc.) as required by the Executive Board;
- I. Pay any assessments by the due date as stated by the League Treasurer or be subject to a \$50.00 per month fine;
- J. The day before a meet, check to be sure all workers and supplies are secured;
- K. Coordinate with your coach to be sure City Meet Coaches Meeting is attended and City Meet Entries are completed and turned in on time; and
- L. Failure to fulfill any of the above-stated responsibilities may subject the Team to additional fines and penalties as determined by the Executive Board.

Team Representative Responsibilities:

- A. Act as liaison with Executive Board establishing good communication between teams, coaches and Board. Attend all General and called meetings of NSL. Represent and report to team members and coaches events that transpire at these meetings;
- B. Keep Divisional Vice-Presidents current on names and addresses of Coaches and Team Representatives;
- C. Be familiar with the Constitution/By-Laws/Miscellaneous Rules of the NSL and basic USAS rules;
- D. If your start times must be changed due to extenuating circumstances, the host team representative must call the visiting team;
- E. Fill out Meet Analysis Sheet, including the meet score, immediately following meet and send to Divisional Vice President within 48 hours;
- F. The host team must email meet results by the designated deadline;
- G. Host Team representatives shall discuss the proper meet format with the Visiting Representative. (One session or two sessions, both teams must agree to the session format); and
- H. Work with Coaches to ensure that the responsibilities in Section G are completed timely.

Divisional Vice-President Responsibilities:

- A. Act as liaison between President, Executive Board and Team Representatives for the purpose of relaying information & requests;

- B. Receive and collect Meet Analysis Sheets from the Member Teams. On a weekly basis, send a synopsis of the Meet Analysis Sheets and report any problems or discrepancies to the Executive Board;
- C. Receive and circulate the scores to the Member Teams in your Division on a weekly basis; and
- D. Maintain a copy of the Meet Analysis Sheets to provide to the Executive Board no later than the Fall Membership Meeting. If continued issues arise for a Member Team, report those issues to the Executive Board as soon as possible.

Coach Responsibilities:

- A. Develop participants for swimming;
- B. Set hours of practice and training rules appropriate to his/her position;
- C. Maintain discipline at all events of the NSL;
- D. Make recommendations to the NSL for a more effective and efficient operation of its events and other affairs;
- E. Head Coach(s) and/ or assistant coaches MUST attend the designated coach's meeting at the beginning of the season;
- F. Be familiar with the Constitution and Bylaws of the NSL;
- G. Have a firm understanding of the Open/Novice designations; and.
- H. No member of a coaching staff may be designated as Clerk of Course, stroke and turn, meet referee, or starter at any Dual/Tri Meet or at City Meet.

ARTICLE II

Meetings and Elections:

- A. The Fall, Winter, and Spring General Membership Meetings of the NSL will be scheduled by the Executive Board.
- B. Special meetings of the NSL (January meeting, Spring Organizational meeting, City Meet Coaches Meeting, etc.) may be called at any time by the Executive Board or by the written request of at least two-thirds (2/3) of all active members of the League and announced to the membership at least five (14) days prior to its date.
- C. Officers of the League shall be elected for a period of 2 years, or until their successors are elected.
- D. Half of the membership at any properly called meeting shall constitute a quorum. One-third (1/3) of the Executive Board shall also constitute a quorum for that body. The League President shall only vote in case of a tie.
- E. Prior to any General Membership Meeting of the NSL, each Member shall designate a voting representative to the meeting (should be the Team

Representative, but in the event he/she cannot attend, a designated alternate may vote). No proxy votes shall be accepted.

- F. The Officers shall be elected by a simple majority of the votes cast at the Fall Membership Meeting. The Officers' terms shall commence immediately upon election and continue until the Fall Membership Meeting two years from the time of election.
- G. The Team Representatives (or an alternate) must attend the May Membership Meeting "Spring Meeting" to pick up their supplies and to be apprised of any new changes for the up-coming season. A \$50 fine will be assessed to any Member Team that does not send a representative to this meeting.

ARTICLE III

Dues and Assessments:

- A. The dues and assessments shall be recommended by the Executive Board and approved by a majority vote of the Membership of the NSL.
 - 1. Fees:
 - i. *2024 Season: Summer Roster Fee--\$7.00; Winter Dues \$200*
 - 2. *Winter Dues are due by January 31st.*
- B. The fiscal year of the NSL will operate on a calendar year basis, from January 1st to the following December 31st.
- C. An addendum of fees and deadlines will be distributed at the Spring Meeting.

Financial Controls:

- A. All NSL checks must be signed by two members of the Executive Board.
- B. Any expense or other financial obligation of the NSL must be approved in writing by 3 members of the Executive Board before such obligation is incurred. Electronic communication shall constitute a sufficient writing.
- C. Executive Board Members shall not be reimbursed for expenses absent such prior approval.
- D. Payment may be made to any vendor of the NSL only upon presentation of an invoice.

ARTICLE IV

Amendments to the NSL By-Laws:

These By-Laws may be amended only by two-thirds (2/3) vote of the League membership.

(Rules continued on the next page)

MISCELLANEOUS RULES OF THE NASHVILLE SWIM LEAGUE

ARTICLE I

General Rules:

- A. USA Swimming rules will govern meets unless changed by the rules contained in this document.
- B. The decision of the referee in matters of judgment is considered final for the purposes of the given meet. However, final interpretation of rules of eligibility of swimmers will be the responsibility of the NSL Review Committee. Protests or Notices of Appeal must be made in writing (email Notice is acceptable) within three (3) days to the NSL President with copies to the Divisional Vice-President and Team Representative against whose team the protest or appeal is being made. Should the referee encounter conditions during the meet necessitating disciplinary measures, he/she shall inform the NSL President within three (3) days of the circumstance.

Note: The NSL does not recognize video as evidence in a formal protest.

- C. If a swimmer swims illegally, the following penalties will apply:
 - 1. If the infraction is discovered before the swimmer competes in an event/meet:
 - i. If totally ineligible (i.e. Illegal recruiting, etc.) the swimmer may not participate. The swimmer will be permitted to swim under protest according to section 102.11.3 of USA Swimming Rules.
 - ii. If entered in the wrong events, the swimmer shall be re-entered into the proper event subject to lane availability. No heats to be added.
 - iii. The Coach and Team Representative shall receive a written notice of warning.
 - iv. Any infraction discovered after the swimmer competes in an event/meet must be contested in writing within seven (7) days and at their discretion, the Executive Board may:
 - 1. Require all awards to be returned and points and awards be redistributed to the correct swimmer and teams;
 - 2. Put the Team on probation for a period of one (1) year; and/or,
 - 3. Ban the swimmer involved from participation for one (1) year.
- D. Coaches and Member Teams who consistently disregard and/or violate the By-Laws/Rules of the NSL as documented by the Executive Board will be placed on probation. The Member Team and/or Coach can be suspended by a two-thirds (2/3) vote of attendees at a subsequent General Membership Meeting.

- E. In order to assure the safety of all swimmers the following depths shall be taken into consideration for all Member Team's facilities. If these conditions are not met, no swimmer will be allowed to start from blocks:
 - 1. Any pool with a depth (at starting end) of LESS than 3' 6" shall not be allowed to use starting blocks. Swimmers must start from the pool deck
 - 2. Any pool with a depth (at starting end) of LESS than 3' 3" shall not allow swimmers to start from the deck; they must start from a standing position in the water. Backstroke will use the standard start.
 - 3. Any pool with a depth (at starting end) of 4' shall have their starting blocks no higher than 18" from the pool deck.
- F. All alcoholic beverages, controlled substances, tobacco products profane language, and offensive apparel are prohibited in the swim meet area during meets. Anyone violating this rule will be asked to leave the area by either the Meet Referee or the Meet Director.

ARTICLE II

Participation:

- A. Eligibility:
 - 1. A "swim club" swimmer is defined as a swimmer whose immediate family is a dues-paying member of the organization that sponsors the Member Team (i.e. a club who offers summer swimming memberships must allow those members access to the pool all summer - not just for swim team participation). Swimmers eligible to compete with an NSL affiliated YMCA teams are defined as only those swimmers registered on that specific team's roster. The NSL affiliated YMCA location must also be designated as the participating member's primary center. Swimmers eligible to compete with an NSL community or neighborhood pool must meet the residency requirements.
 - 2. Lifeguards are not eligible to compete for a Member Team unless they are dues paying "swim club swimmer" or otherwise meet residency requirements.
 - 3. A Member Team cannot have more than 4 non-member coaches compete for the Team. A coach must be employed and paid in order to compete. A list of the 4 non-member coaches must be provided to the Executive Board prior to the start of the NSL season.
 - 4. If a paid head coach has children, his/her children are eligible to swim on the Member team, even if the head coach is not a member of the club and/or does not meet the residency requirements. This exception applies only to one head coach per Member Team. The Executive Board must be

notified in writing that the Member Team is utilizing this exception prior to the start of the NSL swim season.

5. Unethical practices (i.e. scholarships, recruiting from other members clubs, etc.) shall be dealt with by the Executive Board
- B. A child's age as of June 1st determines his/her competitive age for the remainder of the season except for the following:
 1. No swimmer will be eligible to participate during the NSL season if he/she turns nineteen (19) years of age on or before June 1st. A swimmer's eligibility ends after their senior high school summer season. If a swimmer is nineteen (19) and a senior, he/she may apply for an automatic waiver provided he/she has attended only four years of high school.
- C. A team roster listing all swimmers must be sent to the league Treasurer by June 15 accompanied by one (1) check covering the roster fees of all participants. New swimmers competing in a meet that were not included on the initial roster may be added at any time. A Team Manager report showing the number of swimmers for the dual meet season needs to be provided at City Meet Registration. The balance of the roster fees from initial dual meet and the number of swimmers for the season needs to be reconciled at City Meet registration.
- D. Once a swimmer has represented a Member Team, he/she is not eligible to swim for another NSL Member Team (or a team in any other local summer swim league) during the same season without Executive Board advance approval.
- E. Out of town swimmers coming into the area for the purpose of furthering their swimming skills at our local USAS clubs will not be permitted to participate in the NSL.
- F. League meets are open only to members of participating clubs. A swimmer who belongs to one member club and joins a second member club for advanced coaching or under a "scholarship" type situation may not swim with the second club in NSL competition during the same summer league season.

ARTICLE III

Dual/Tri Meets:

- A. Teams shall exchange their electronic entry file with each other no later than 4:00 PM the day before the meet. Failure to meet the 4:00 PM deadline, without prior communications with the other team, may result in a fine of \$50.00 per hour as determined by the Executive Board. The meet will then be seeded and the official line up will be in place. On the day of the meet any late entry swimmers will be seeded and swum "exhibition". This will count as an event and the time will be legal but the athlete cannot score. Once the official line up is in place the day prior to the meet, there will be no official changes.

- B. If, during the course of a meet or within thirty minutes after a meet, it is discovered that a swimmer has competed in more than two individual events and an individual medley, all their individual points will be subtracted from the team total. Further, if a swimmer swims in more than three relays, all relay points scored by these relay teams will be subtracted from the team total. NO RIBBONS will be withdrawn, but new ribbons will be awarded. Points will be redistributed.
- C. The home team should electronically send NSL Dual/Tri Meet results to the Divisional Vice President immediately following a meet.
- D. Any participant is considered entered in the meet unless “scratched” before the meet starts. The home team just before the start of the meet will distribute heat sheets. If the meet is a Two Session meet, the heat sheets for the 11 and up events will be distributed just before the second session begins. NO CHANGES OR ADDITIONS will be made once the meet program has been distributed.
- E. Times must be taken on all swimmers in all events.
- F. At the Winter Meeting, a decision will be made regarding what timing system will be utilized by the NSL for the upcoming dual meet season. Based on the decision made, a document outlining specific timing instructions will be compiled by the Executive Board and provided to all Member Teams at the Spring Meeting (“Timing Instructions Document”). All Member Teams are required to comply with the Timing Instructions Document.
- G. At the Spring Membership Meeting, the Executive Board will also distribute a list of equipment needed by each Member Team for the upcoming NSL dual meet season (“Equipment List”). All Member Teams are required to provide the items contained on the Equipment List.
- H. **DUAL MEETS:**
 - 1. When using a 6-lane pool, home teams are to use lanes 2-4-6, and visiting teams are to use lanes 1-3-5.
 - 2. When using a 5-lane pool, home teams are to use lanes 2 and 4, and visiting teams are to use lanes 1-3- 5. There will be no extra heats over and above those described in the rules of the NSL to accommodate a 5-lane pool.
 - 3. The fastest swimmers will be in the middle lanes (3 & 4) and in the first heats.
 - 4. For warm-ups, Home teams will use lanes 1 – 6 for the first 15 minutes and visiting teams will use the same lanes for the second 15 minutes. Warm-ups may be combined or extend upon an agreement of the coaches.
 - 5. **DUAL MEET WORKERS:**
 - i. The Host and Visiting teams will be expected to furnish the following:

POSITION	HOME TEAM	VISITING TEAM
Meet Director	1	0
*Meet Referee***	1	0
*Starter***	2	0
*Stroke & Turn	2	2

Head Timer	1	0
Timers	See Timing Instruction Document	
Scorer's Table	1 (vs 3)	1 (vs)3
Clerk of Course	1	1
Runners	1	0
Refreshment Runner	1	0
Lifeguard	2	0

* Must be certified USAS or NSL online Clinic. Stroke and Turn shall be done manually and not on devices absent agreement of both teams.

*** Starter and Referee may not be the same person. In Division AAAA and AAA, the Home Team shall provide a Starter and an Assistant Starter. The Assistant Starter shall operate the starter device and note empty lanes on the heat sheet. In Divisions AA and A the Home Team may provide an Assistant Starter for this purpose if both teams agree. Scorer's Table - Both teams (home and visitor) must be present at the scorer's table.

- ii. A coach may not serve in any of the volunteer positions listed in the above chart.

I. TRI MEETS

1. When using a 6- lane pool, home teams are to use lanes 3 & 6. Visiting teams are to use lanes 1 & 4 and 2 & 5, with position to be assigned by the home team at least three days before the meet.
2. The fastest swimmers will be assigned lanes 3, 4 & 5 and will be in the first heats.
3. Warm-Ups will be no longer than forty-five (45) minutes with each team having no longer than 15 minutes. Warm-ups may be combined or extended if coaches agree.
4. TRI MEET WORKERS:
 - i. The Host and Visiting teams will be expected to furnish the following:

POSITION	HOME TEAM	VISITING TEAM 1	VISITING TEAM 2
Meet Director	1	0	0
*Meet Referee***	1	0	0
*Starter***	1	0	0
*Stroke & Turn	2	1	1
Head Timer	1	0	0
Timers	See Timing Instructions Document		
Scorer's Table	1 (vs 3)	1 (vs 3)	1 (vs 3)
Clerk of Course	1	1	1
Runners	1 (vs 2)	0	0
Refreshment Runner	1	0	0
Lifeguard	2	0	0

* Must be certified USAS or NSL online Clinic. Stroke and Turn shall be done manually and not on devices absent agreement of both teams.

*** Starter and Referee may not be the same person.

Scorer's Table: at least one person from each team must be present at the scorer's table.

- ii. A coach may not serve in any of the volunteer positions listed in the above chart.
- J. Both Host team and Visiting team are responsible for providing the meet supplies and equipment necessary to run the meet as outlined in the Equipment List and the Timing Instructions Document.
- K. Each Member Team is responsible for supplying its own ribbons.
- L. If opposing teams desire an "impartial" referee to preside over their meet, this referee must be USAS certified and deck trained. Teams are responsible for any arrangements concerning these referees.
- M. Meet Referees, Stroke & Turn Judges and Starters must be certified. If a team cannot provide certified workers for these positions, said team may be penalized 25 points per position per session (application should be made to NSL Review Committee within 48 hours.) Certification may be obtained through USA Swimming or one of the clinics provided by the NSL. Timers must be 12 years of age. Certified personnel may not serve dual roles.
- N. INDIVIDUAL EVENT SCORING: Points will be awarded on the basis of Seven (7) points for 1st, Five (5) points for 2nd, Four (4) points for 3rd, Three (3) points for 4th, Two (2) points for 5th, and One (1) point for 6th. If only one swimmer enters an event, only first place points will be given. If two swimmers enter an event, first and second place points will be given, etc.
 - 1. Ribbons will be awarded for 1st – 12th place, but no points shall be awarded for 7th – 12th place.
- O. RELAY SCORING: Points will be awarded for the basis of Fourteen (14) points for 1st, Ten (10) points for 2nd, and Eight (8) points for 3rd. Only three (3) relays per club are allowed per event in Dual Meets and only two (2) per club in Tri Meets.
- P. In case of a tie at the conclusion of an event, the points for the tied places are added together and divided between the 2 swimmers or relay teams. The electronic meet manager should be programmed to score ties in this manner.
 - 1. Ribbons will be awarded for 1st – 6th place, but no points shall be awarded or scored for 4th – 6th place.
- Q. Dual/Tri Meet High Point awards may be awarded to the individual in each gender/age classification that scores the highest number of points in the individual events for that classification.
- R. Regular season Dual/Tri Meet trophies will be awarded to the teams finishing in first and second place in their respective divisions. Division champions will be based on the number of wins in their Dual or Tri meets. In case of a tie where the two top teams have the same number of wins, first place will be awarded to the

team that won in their head-to-head competition. In the case of a tie where the top two teams did not compete against each other, both teams will be awarded first place with no team receiving second place. These trophies will be presented at City Meet.

- S. Division placement for the coming season will be determined by the following criteria:
1. Total number of swimmers on the team roster;
 2. Team profile;
 3. Total number of points scored by each team during the season;
 4. Total number of points scored against each team during the season;
 5. City Meet points scored;
 6. Point differential of each team; and
 7. Geography of the Member Teams.

Note: The NSL Executive Board decides division placement in advance of the Winter meeting.

T. Event Limits:

1. Dual Meets shall be limited as follows; however additional heats may be added upon agreement by the coaches:

FREESTYLE, BACKSTROKE, BREASTSTROKE, BUTTERFLY		
All Ages	Unlimited Heats	Unlimited Swimmers
INDIVIDUAL MEDLEY		
All Ages	4 Heats	12 Swimmers per team
** RELAYS		
All Ages	1 Heat	3 Relay entries per team

2. Tri Meets shall be limited as follows; however additional heats may be added upon agreement by the coaches:

FREESTYLE, BACKSTROKE, BREASTSTROKE, BUTTERFLY		
All Ages	Unlimited Heats	Unlimited Swimmers
INDIVIDUAL MEDLEY		
All Ages	4 Heats	8 Swimmers per team
** RELAYS		
All Ages	1 Heat	2 Relay entries per team

Exhibition swims are permitted during dual meets.

****NOTE:** Exhibition Swims must be designated on the card as such and the scorers need to be aware that these events do not score.

- U. Each child may swim up to two (2) different strokes plus the Individual Medley (IM) and up to three (3) relays.
- V. A club may move up one swimmer, one age group, per relay to compete in the Medley and Freestyle relays. However, no swimmer may swim more than one (1) Medley, one (1) Mixed Medley, or one (1) Freestyle relay in one swim meet. This procedure applies only to relays and does not conform to USA Swimming rules. A swimmer may not move up an age group to swim an individual event.
- W. Swimmers cannot move down an age group to swim in any individual event or relay. If violated, total points scored by that swimmer will be lost, including relay points. No ribbons will be withdrawn, but new ones will be awarded. Points will be redistributed.
- X. Forfeiture Rules
 - 1. Club may forfeit a meet only by giving notice through their Team Representative. This notice of forfeiture must be in written form and be in the hands of the respective Divisional Vice-President and the opposing Team Representative within twenty-four (24) hours prior to the time and date of the scheduled and published meet. The said notice of forfeiture must contain the reasons for the intended forfeiture. The NSL Review Committee of the Executive Board in session will determine the legality of any forfeiture within five (5) days after the date of the forfeiture. Only extraordinary reasons as interpreted by the Committee will be considered a legal or valid justification for forfeiture. Summary or "no-show" forfeitures will be considered illegal except under very extraordinary conditions (Acts of GOD) when prior justification as stated above is impossible.
 - 2. All swimmers scheduled to swim for the team "forfeited to" will be considered to have participated in said meet for the purpose of eligibility to participate in the City Meet. It will be the responsibility of the Executive Board to determine the eligibility of the swimmers of the team forfeiting based on the justification of the forfeiture.
- Y. Postponements:
 - 1. If a meet must be stopped for any reason (reasons including inclement weather, nightfall, etc.) and the teams cannot agree upon a solution, then the teams must wait for one (1) hour. After one hour a meet committee consisting of a representative from each team, a coach from each team and the Meet Referee will confer and vote to re-schedule or take other action. Cards must stay at the facility unless both teams mutually agree that they may be taken and re-seeded. Any swimmer scheduled to swim in a meet, which was postponed, who is unable to swim in the make-up meet, will be considered to have participated in said meet for purposes of eligibility to participate in the City Meet.
- Z. Swimmers may not be aided in any way by artificial means nor may they be joined in the water by a coach or other person.

- AA. Swimming rules shall be adapted for disabled swimmers. This will be the responsibility of the Meet Referee. Coaches must inform the Meet Referee prior to the start of the meet and discuss needed accommodations.
- BB. It is recommended that all swimmers on NSL teams wear suits of identical coloring and pattern. Competitors will not be permitted to compete in attire (suits and caps), which include advertising or a name other than the name of the summer league competitor, NSL club, or summer league mascot. Middle School, High School, and USA Swimming Club caps shall not be worn. A single manufacturer's logos or trademark (e.g., "Speedo") is permitted.
- CC. Winter program coaches may visit NSL clubs, only if the NSL club coach agrees to the visit. The NSL coach will determine the time, location, and use of any possible recruiting tools. If this visit takes place during a dual meet, the visiting team must also give their permission

ARTICLE IV

CITY MEET

- A. The City Meet is open only to swimmers who have participated in at least two (2) NSL swim meets during the current year. Appeals for extenuating circumstances may be made.
- B. The City Meet Invite shall govern the City Meet.
1. Unless otherwise communicated, The City Meet Invite shall be provided to Member Teams by June 1.
- C. All Member Teams are expected to provide their assigned volunteers, regardless of how many swimmers actually participate in the City Meet.
- D. City Meet Open / Novice Designations
1. Individual events for swimmers age 11 & Up will be separated in to Open & Novice classifications.
 2. A swimmer is required to swim Open for any event (stroke) in which that swimmer has achieved a "BB" time standard for that event or closest distance equivalent in Long or Short Course.
 - i. NSL "BB" Time standards will generally align with USA Swimming Motivational Time Standards, and will be outlined each year by the NSL no later than the Spring General Membership meeting.
 1. For the 15 & Over classification, the USA Swimming standard for 17/18 year olds will apply for all swimmers in the classification.
 - ii. When evaluating qualifying times, coaches should consider the following sources as applicable:
 1. Middle School or High School Championship Meets

2. Any sanctioned USA Swimming meet where times are recorded in the USA Swimming database
3. Coaches will be required to submit a list of swimmers achieving the “BB” time standards (including listed times) no later than June 1st each year.
 - i. Only times achieved prior to June 1st of a given year will be considered for that year’s City Meet entries.
4. The requirement to swim Open for an event is limited to the events for which a “BB” time has been achieved.
 - i. If a swimmer is entered in at least one (1) Open event with a “BB” time standard, the swimmer may be entered in other Open events for which a “BB” standard has not been achieved.
5. If a swimmer has not achieved any “BB” time standards, that swimmer is not permitted to swim any Open events.

I have read and understand the conditions and information contained in the NSL Constitution:

Coach (Signature / Date)

Team Representative (Signature / Date)