

PART II
GENERAL RULES OF NORTH CAROLINA SWIMMING, INC.
Revised: April 20, 2009

ARTICLE 201: SANCTIONS

201.1. USA SWIMMING REQUIREMENTS. Swimming meets (e.g., competitions, clinics, exhibitions, Swim-a-thons, benefits, or other events where amateur swimmers compete, demonstrate, or exhibit) must generally be sanctioned. Sanction applicants must be familiar with the USA Swimming Rules and Regulations, Part II, Article 202, 202.1, 202.2, and 202.3 covering Jurisdiction, Requirements, and Conditions that are a part of the Sanction Application. Sanctions are issued, withheld or withdrawn in accordance USA Swimming Rules and Regulations, Article 202. Special attention is called to the following provisions:

- .1 No sanction shall be issued to any organization whose interest is solely commercial or profit motivated.
- .2 United States Swimming, Inc. herein referred to as USA Swimming, must be recognized and conformed to as the sole governing body for the sport of swimming.
- .3 No 'dual sanction' with another sports governing body can be requested or accepted.
- .4 All athletes competing in a sanctioned meet must be registered members of USA Swimming. USA Swimming Registration identification number must accompany each athlete's entry
- .5 Sanctions are not transferable.
- .6 The word 'Olympic' shall not be used except that the term 'Junior Olympics' may be used for the NCS Long Course and/or Short Course 18&Under LSC Championships.
- .7 Liability and property damage clauses releasing USA Swimming and North Carolina Swimming must appear on all entry forms.
- .8 Sanctions may be withheld or withdrawn.

201.2. APPLICATION PROCEDURE

- .1 Meets - For swim meets other than closed, dual, or tri meets, prior scheduling approval is required except as provided in Article 202. As soon as possible after scheduling approval, and at least sixty (60) days before the meet, the meet host must submit to the Senior Vice Chair or his designee:
 - A. Completed sanction request with forms for the following NCS Officers, Chair, or his/her designee: Senior Vice Chair, Age Vice Chair, Technical Planning Chair.
 - B. Meet Information Sheet. See Part III for required information.
 - C. Order of Events.
 - D. Entry Forms. See Item 304 in Part III.
 - E. Appropriate Fees. See Item 303, 303.3 in Part III.

- F. Any additional information required by the Senior Vice Chair or designee.

Note: Meet hosts should submit the meet sanction request IMMEDIATELY after the meet has been scheduled by the NCS House of Delegates or Board of Directors.

- .2 Closed, Dual and Tri Meets – A completed sanction request, description of the nature and format of the meet, name of the meet referee, any additional information required by the Senior Vice Chair or designee and required fees, if any, shall be submitted to the Senior Vice Chair or designee at least thirty (30) days before the meet.
- .3 The Senior Vice Chair or designee shall consider the request promptly and, if approved will issue a sanction.
- .4 The sanctioning process should be completed within thirty (30) days.

201.3. SANCTION FEES A list of sanction fees is attached as part of Item 303 in Part III and is a part of Article 201.

201.4. OTHER FEES AND FINES

- .1 Sanction requests shall be subject to a late fee, assessed by the Sanction Chair or designee, that must be paid in addition to the sanction fee.
- A A sanction request for a meet, other than a closed, dual or tri meet, for which prior scheduling approval has been given but is not received at least sixty (60) days prior to the meet, a late fee of two hundred dollars (\$200.00) in addition to the sanction fee shall be assessed.
- B If a sanction for a closed, dual, or tri meet, is not received at least thirty (30) days prior to the meet, a late fee of fifty dollars (\$50.00) in addition to the sanction fee shall be assessed.
- .2 The Senior Vice Chair or designee shall assess a fine of one hundred dollars (\$100.00) or less for willful violation or neglect of the provisions of this article. The assessment of such a fine may be appealed according to NCS Rules and Bylaws.

ARTICLE 202: APPROVALS

202.1. USA member swim clubs may not host Approved meets unless approved by the House of Delegates at the scheduling meeting or the Board of Directors. USA Swimming clubs hosting closed meets are exempt from this requirement.

ARTICLE 203: AWARD OF DATES

203.1. SCHEDULING

- .1 Except when the House of Delegates determines otherwise by a 2/3 majority, the schedule for each indoor season (September through approximately April) shall be approved at the corresponding House of Delegates meeting the previous Spring and the schedule for each outdoor

season (approximately May through August) shall be approved at the corresponding House of Delegates meeting the previous Fall.

- .2 At least one hundred twenty (120) days prior to each House of Delegates meeting, the Technical Planning Committee shall submit to the Board of Directors a recommended framework for the appropriate future season schedule. The framework shall include target dates for all meets at all levels of North Carolina Swimming and protected dates. The framework shall begin with national, zone, sectional, and regional meet dates and provide for logical progressions toward season culminating events for all levels of NCS swimmers.
- .3 A protected date is a date where no additional NCS sanctioned meets open to a particular level of swimmer may be subsequently added to the schedule. Saturday and Sunday of any weekend for the following events on the scheduled NCS calendar will be protected dates for which no meets shall be sanctioned or approved except as noted.
 1. Regularly scheduled HOD meetings
 2. NCS SC 14 and Under and Senior Championships Meets
 3. NCS LC 14 and Under and Senior Championships Meets
 4. NCS Open Water Championships

Closed championships are exempt. Meets may be awarded on the dates of events 2 or 3 for athletes who are ineligible to compete in the protected meet.

- .4 The Board of Directors shall review the recommended framework submitted by the Technical Planning Committee, approve a scheduling framework, including any changes it may wish to make, and post the approved framework to the North Carolina Swimming website at least ninety (90) days prior to the upcoming House of Delegates meeting.
- .5 Based on the approved scheduling framework, the Technical Planning Committee shall solicit bids from member clubs and prepare a recommended schedule for consideration by the House of Delegates.
- .6 In order to bid for a meet, a club shall complete the current bid submission form (as prepared by the Technical Planning Committee). This form shall include proposed dates, site, type of meet, tentative order of events and qualifying standards (if any), all proposed fees (including entry fees, facility surcharges, travel fund surcharges and any other NCS approved fees), and other relevant information about the meet. In addition, for NCS Championship and other defined (either by Rule or policy) meets, the bid form shall include a statement of acceptance by the bidding club of all Rules or policies applicable to the meet being bid.
- .7 At each appropriate House of Delegates meeting, the House of Delegates will approve, with possible modifications, the corresponding upcoming season schedule.
- .8 Once approved, the schedule shall be open to additional meets as long as any such meet does not conflict with a protected date. Any requests for additional meets must be submitted prior to the appropriate sanctioning deadline. The Technical Planning Committee shall have the authority to approve or reject any additional meets that require prior scheduling approval. A club may appeal a rejection to the Board of Directors.

- .9 Once the schedule is approved, any club who has had its bid approved is expected to run the awarded meet. If a club decides not to hold a meet, it may be subject to penalty, as indicated below:
- A. For a Championship meet, if the club notifies the Technical Planning Committee at least 180 days prior to the first day of the meet, there shall be no penalty. If the notification is received less than 180 days prior, the club shall be fined \$500.
 - B. For other meets, if the club notifies the Technical Planning Committee at least 120 days prior to the first day of the meet, there shall be no penalty. If the notification is received less than 120 days prior, the club shall be fined \$200.
 - C. If the Technical Planning Committee determines that an awarded meet is not essential to the schedule, it may allow the club to withdraw its bid without penalty. For example, the approved schedule may include 3 qualifying meets on a given weekend. Later, the Committee may determine that only 2 such meets are needed.
- .10 In the event that a scheduled meet, considered essential to the schedule, is not going to be held by a club, the Technical Planning Committee is authorized to solicit bids from other clubs and make a recommendation for an alternate host to the Board of Directors for final determination of alternate host.
- .11 The approved schedule shall be prominently posted on the North Carolina Swimming website. Any additions to or withdrawals from the approved schedule shall also be posted in way that draws attention to the change.

203.2. REQUESTS The award of sanction and meet date(s) shall be for the purpose of scheduling and shall not affect in any way the sanction rules in Article 201. Dates not herein classified or restricted shall be open for sanction requests. Such requests shall not be unreasonably withheld and the reason(s) for any denial shall be given to the requesting entity within a reasonable amount of time. A majority vote by the NCS House of Delegates or Board of Directors can override a denied sanction request

203.3. GEOGRAPHIC RESTRICTIONS Any non-Championship meet of any classification may, at time of scheduling only, be restricted by the House of Delegates to clubs from a particular geographic area or particular clubs of NCS. Meets not approved by the House of Delegates at the scheduling meeting may, at time of sanction, be restricted to clubs from a particular geographic area of NCS or particular clubs.

203.4. TYPES OF MEETS Meets are classified according to the following:

- .1 Qualifying Time Standards: As established by the NCS House of Delegates or Board of Directors.
- .2 Age: Senior or Age Group
- .3 Course Type: Open Water, Long Course Meters, Short Course Meters, or Short Course Yards

203.5. CURRENT SCHEDULE The current NCS meet schedule may be attached in Part III.

ARTICLE 204: MEET INFORMATION

204.1. MEET EVENT INFORMATION A list of the information required in meet event announcement information is attached as Item 305 in Part III and is a part of Article 204, Section 204.2. The items marked with an asterisk (*) are required and must be included. In addition, a list of suggested informational items for meets and meet directors is attached as Item 305 in Part III.

204.2. FEES

- .1 ENTRY FEES It is the decision of the meet host whether or not to refund entry fees, except that entry fees will be refunded whenever the host club cancels an event (individual or relay). Entry fees for events that are cancelled due to circumstances beyond the control of the Meet Host do not have to be refunded.
- .2 A list of the maximum fees allowable is attached as Item 302 in Part III and is a part of Article 204, Section 204.2

204.3. MAILING DATES The entry forms and event information sheet shall be mailed or otherwise distributed (including posting on the NCS website) at least thirty (30) or more days prior to the meet. Event forms and event information shall not be mailed or distributed until the event is sanctioned or approved.

204.4 ENTRY DEADLINE The entry deadline can be no earlier than ten (10) days prior to the first day of the swim meet.

ARTICLE 205: THE COMPETITION

205.1 CHAMPIONSHIPS Unless excepted herein, NCS Championships shall be held as specified in the USA Swimming Rules and Regulations, subject to available facilities and personnel.

- .1 The Meet Management Committee shall coordinate the development of the meet information template for the NCS championship meets. The meet information and any changes shall be approved by the appropriate program committee (Senior/Age Group) and the Officials Committee. Any requests for changes must be made in writing to the Meet Management Committee by no later than May 15 for long course championships and November 15 for short course championships.

205.2. TECHNICAL RULES Rules of competition outline for all swimming events in the USA Swimming Rules and Regulations: Technical Rules, Part I, Article 102 shall apply to all NCS sanctioned meets.

205.3. INDIVIDUAL SCRATCH RULE Swimmers shall inform themselves of the meet starting time and shall report to the proper meet authorities promptly upon call. The meet information shall specify all mandatory check-in and scratch deadlines and procedures.

- .1 Pre-Seeded Meets - Any swimmer not reporting for or competing in an individual timed final event shall not be penalized.
- .2 Events Seeded on the Deck - 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 the swimmer notifies the clerk of course before the seeding for that event has begun that the swimmer wishes to scratch. Failure to scratch prior to seeding and not swimming the event will result in the swimmer being barred from the next individual event in which the swimmer entered in the meet.

Unless the meet information states otherwise, events seeded on the deck shall be closed for seeding no later than thirty (30) minutes prior to the start of the event except that individual events of 400 meters or longer may be closed for seeding up to twenty four (24) hours before the expected start of the event if the check-in/scratch deadline occurs after the beginning of the meet and is announced in the meet information.

.3 Preliminary and Finals Events

- A Any swimmer not reporting for or competing in a pre-seeded preliminary heat when finals are scheduled shall not be penalized. If the preliminary heat is seeded on the deck then 205.3.2 applies
- B Any swimmer qualifying for an A final, scored or not scored, or B scored final race in an individual event who fails to compete in said A or B final race shall be barred from further competition for the remainder of the meet, except as noted in 205.3. For events occurring on the last day of a meet, a fine of \$100 per missed swim shall also be assessed to the club by the appropriate Division Chair for failure to compete.
- C In the event of withdrawal or barring of a swimmer from competition, when possible, the Referee shall fill the A, B, or C final with the next qualified swimmer(s). First and second alternates shall be announced along with the final qualifiers. These and all other alternates and those qualifying for non-scoring B or C finals shall not be penalized if unavailable to compete
- D When the B or C final has not yet been swum and a barring or withdrawal is known in advance by the Referee, the Referee should re-seed the A, B, or C finals, if necessary, to insert the alternate(s) in the appropriate lane(s), filling all lanes in the final. In order to prevent undue delay of the A, B, or C finals, the Referee may elect to fill the empty lane(s), without re-seeding, with the next qualified alternate, or if unavailable, the next qualified swimmer(s) who is/are present in the starting area and ready to swim
- E If a C or B final has already been swum, the A final of that event shall be swum without filling the empty lane(s)

.4 Exception for Failure to Compete - No penalty shall apply for failure to compete in or scratch an individual event if:

- A The Referee is notified in the event of illness or injury and accepts the proof thereof.
- B The swimmers qualifying for an A final or B final race based upon the results of the preliminaries notifies the Referee within thirty (30) minutes after announcement of the qualifiers of that final race that they may not intend to compete and also declares his final decision whether or not to scratch within thirty (30) minutes following his last individual preliminary heat, swim-off, or re-swim.
- C The swimmer was not named in any finals heat during the initial announcement of results
- D It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.

205.4. RELAY SCRATCH RULE

- .1 All Meets - Any relay or relay member, in a relay event that fails to compete in or report for that event shall not be penalized.

205.5. OFFICIATING

- .1 Each Referee must be certified as a 'Referee' by NCS and their name must appear in the Meet Information of each meet at which he/she is to serve as Referee.
- .2 All Stroke and Turn Judges, Starters, and Referees shall be certified by NCS pursuant to NCS By-Laws 205.3 and conform to USA Swimming Rules and Regulations 102.12.2
- .3 All timers not certified shall be thoroughly instructed prior to the start of the meet.

205.6. PROTESTS Any protests arising from the competition shall be resolved as outlined in the USA Swimming Rules and Regulations. Refer to: Part I, 102.11, Part IV, Article 401, and to NCS By-Laws, Article 110.

ARTICLE 206: OFFICIALS AND OFFICIATING

206.1. COMMITTEE NCS officials shall be supervised by committee known as the NCS Officials Committee, consisting of the NCS Officials Chairman and a least two additional members. NCS Officials Committee members should represent various geographic areas of NCS.

206.2. CLINICS

- .1 Format - The NCS Officials Committee shall conduct clinics based on the National Certification format and shall certify and re-certify NCS Officials based on guidelines of the USA Swimming Certification procedure and recommended tests. The NCS Officials Committee may designate specific certified Referees to hold clinics.
- .2 Modifications - Administrative procedures for conducting clinics, certification, and re-certification of officials shall be determined by the Committee. The Committee may modify USA Swimming procedures, where permitted by USA Swimming Rules and Regulations, to best serve NCS officiating needs.

206.3. CERTIFICATION

- .1 Roster of Current Officials - The Committee shall maintain a roster of current certified officials and provide lists to meet directors and Referees upon request.
- .2 Officials - Positions certified by NCS include: Stroke and Turn, Starter, and Referee. Additional positions recognized by USA Swimming may be certified. See USA Swimming Rules and Regulations 202.3.2 for USA Swimming membership requirements for officials.

206.4 ADDITIONAL RESPONSIBILITIES - The Officials Committee shall select the Meet Referee for all North Carolina Swimming Age Group and Senior Championship meets.

ARTICLE 207: AGE GROUP PROGRAM

207.1. OBJECTIVES

- .1 Purpose - The purpose of the NCS age group swimming program is to achieve the objectives set forth for Age Group Swimming in the USA Swimming Rules and Regulations, Part 2, Article 204, Section 204.1.: In order to achieve these objectives NCS shall:
 - A. Provide programs for the maximum number of swimmers in the currently approved age groups.
 - B. Provide the best possible progressive program which supports the maximum number of swimmers achieving 'winning phases' by meeting established goals at several levels of competition.
 - C. Reduce expenses and the amount of travel, especially by limiting many meets to one day.
 - D. Control the length of meets to the extent that the time of competition in any one session should be completed in four hours.
 - E. Control the length of meets to the extent that the time of competition in any one day shall be completed in eight hours.
 - F. Protect swimmers from swimming too many events in too short a time period by limiting the number of events per day or per session in which a swimmer is allowed to compete to 3 events per session for preliminary/final sessions or 5 events for timed finals sessions.

207.2. AGE GROUPS Currently recommended NCS age groups are those approved by the House of Delegates or Board of Directors. Currently recommended NCS age groups are 17-18, 15-18, 15-16, 13-18, 13-14, 13&Over, 11-12, 12&Under 10&Under, 9-10, 7-8, and 8&Under.

207.3. AGE GROUP TIME STANDARDS

- .1 NCS Age Group Time Standards shall be the current USA Swimming National Age Group Recognition Motivational Times (also referred to herein as NAG Times) except as otherwise permitted by the NCS Bylaws and Rules.
- .2 Current USA Swimming NAG Times for 15-16 will be used for the NCS 15-18 Age Group.
- .3 For NCS Championship meets, standards faster than the USA Swimming NAG Times may be established if approved by the Board of Directors. Championship meet time standards shall be reviewed annually by the Technical Planning Chairman in conjunction with the appropriate Age Group or Senior Vice-Chairman for recommendation to the Board of Directors. Each year, time standards for the upcoming year shall be presented to the NCS House of Delegates at the Fall meeting. Final time standards shall be posted to the NCS website no later than 10 days following the Fall meeting of the House of Delegates.
- .4 The Age Group Division Vice-Chair, with the advice and consent of the Board of Directors, may establish additional standards.

.5 NCS swimmers already classified on the basis of the previous year's NCS Age Group Time Standards remain in that classification until they change age groups except for Senior Circuit swimmers. Senior Circuit swimmers remain Senior Circuit swimmers regardless of changing age groups.

.6 A list of current time standards may be attached in Part III

207.4. MEET AND SWIMMER CLASSIFICATION AND SWIMMER ELIGIBILITY Sanctioned age group meets will be classified as Championship, 'A/AAA', Senior Circuit, Senior Developmental, 'A', 'BB & faster', 'B & faster', B/C, Open, Dual, Tri, Quad, Closed League, Open Water, and Special Meets that have innovative, non-traditional formats(e.g. mini-meets, pentathlons, single age group meets).

.1 NCS Championship Competition - All NCS Championship meets are open to all eligible NCS registered athletes. Qualifying standards shall be established and must have been achieved prior to entry for each event (stroke and distance) entered.

A. Non-NCS registered swimmers may not enter the NCS Age Group Championships.

B. Non-NCS registered swimmers may enter the NCS Senior Championships.

C. A club that enters a swimmer who has not achieved the qualifying time standard for an event at an NCS Championship where the swimmer fails to attain the qualifying time standard in the NCS Championship will be fined \$100 per occurrence. Fines shall be collected by the NCS Age Group Chairman. A club shall have 60 days in which to prove the time or pay the fine.

D. Scoring at all NCS Championships shall be through 16 places (or two finals heats, if conducted in other than an 8 lane pool) regardless of the number of heats or lanes swum in final sessions. Scoring shall be in accordance with USA Swimming Rules & Regulations for scoring (102.7.3).

E. The host club shall recognize the top-6 scoring clubs in the combined scoring and the top-3 scoring clubs with USA Swimming registrations of 100 athletes and fewer.

.2 'A & Faster' Competition 'A/AAA' meets may be scheduled when out-of-LSC entrants are invited or results of previous years indicate that faster qualifying time standards are desirable. In the meet information, the meet host shall state the qualifying time standards that are required for each event (stroke and distance.)

.3 Senior Circuit Competition

A A Senior Circuit swimmer is a swimmer who has achieved two 13-14 'AA' time standards in two of the six different strokes. I.M. is considered a stroke. Freestyle and sprint freestyle are considered different strokes.

B A swimmer may qualify as a Senior Circuit swimmer in any sanctioned or approved meet.

C A swimmer qualified as a Senior Circuit swimmer at one course is automatically qualified for the other courses (50 meter, 25 meter, 25 yard).

D In a Senior Circuit meet, only Senior Circuit swimmers are permitted to compete in individual events except as otherwise provided in these Rules.

- E A Senior Circuit swimmer may compete in any Senior Circuit meet.
- F A Senior Circuit swimmer may compete in any event in a Senior Circuit meet, regardless of whether or not the swimmer has not achieved a 13-14 'AA' time in each entered event.
- G A Senior Circuit swimmer is prohibited from competing in any relay or individual event in Senior Developmental meets.
- H OPTION-Any swimmer who has achieved at least two 13- 14 'AA' NCS stroke time standards may compete in any individual event at a Senior Circuit meet however, once a swimmer elects to compete in an event(stroke and distance) at a Senior Circuit meet in which the swimmer has not achieved a 13-14 'AA' time, the swimmer is prohibited from competing in any Senior Developmental meet. Distance free and sprint free (events 200 and shorter) are considered different strokes.

.4 Senior Developmental Competition

- A A Senior Developmental swimmer is a swimmer who is at least 13 years-old and has yet to achieve two 13-14 'AA' time standards in two of the six different strokes. I.M. is considered a stroke. Freestyle and sprint freestyle are considered different strokes.
- B In a Senior Developmental meet, only Senior Developmental swimmers are permitted to compete.
- C A Senior Developmental swimmer may compete in any Senior Developmental meet.
- D A Senior Developmental swimmer is eligible to compete only in Senior Developmental individual events and relay legs (stroke and distance) in which the swimmer has not achieved a 13-14 'AAA' time.
- E A Senior Developmental swimmer is prohibited from competing in any individual Event in Senior Circuit meets except for individual events in which the swimmer has achieved a 13-14 'AA' time and all relays.
- F OPTION - A Senior Developmental swimmer who has achieved one 13-14 'AA' time or has achieved two or more 13-14 'AA' times in the same stroke may elect to compete in any individual event at a Senior Circuit meet however, once such a Senior Developmental swimmer elects to compete in an event(stroke and distance) at a Senior Circuit meet in which the swimmer has not achieved a 13-14 'AA' time, the swimmer is prohibited from competing in any Senior Developmental meet.

.5 'A' Competition

- A An 'A' swimmer is one who has achieved an 'A' time in` two of the six different strokes in a given age group regardless of the length of the event or course(50 meter, 25 meter, 25 yards). I.M. is considered a stroke. Freestyle and sprint freestyle are considered different strokes.
- B A swimmer may qualify as an 'A' swimmer in any sanctioned or approved meet.

- C A swimmer qualified as an 'A' swimmer at one course is automatically qualified for the other courses (50 meter, 25 meter, 25 yard).
- D 'A' times achieved in 50 meter events and the 100 I.M. are used to determine a swimmer's classification only in the 10 and under age group.
- E In an 'A' meet, only 'A' swimmers are permitted to compete except as otherwise provided in these Rules.
- F An 'A' swimmer may compete in any 'A' meet and may compete in any event in an 'A' meet, regardless of whether or not the swimmer has achieved an 'A' time in each entered event.

.6 'BB' Competition

- A A 'BB' swimmer is one who has achieved a 'BB' time in two of the five different strokes in a given age group regardless of the length of the event or course(50 meter, 25 meter, 25 yards).I.M. is considered a stroke.
- B A swimmer may qualify as a 'BB' swimmer in any sanctioned or approved meet.
- C A swimmer qualified as a 'BB' swimmer at one course is automatically qualified for the other courses (50 meter, 25 meter, 25 yard).
- D 'BB' times achieved in 50 meter events and the 100 I.M. are used to determine a swimmer's classification only in the 10 and under age group.
- E In a 'BB' meet, only 'BB' swimmers are permitted to compete except as otherwise provided in these Rules.
- F A 'BB' swimmer may compete in any 'BB' meet and may compete in any event in a 'BB' meet in which the swimmer has not achieved an 'A' time. A 'BB' swimmer is prohibited from competing at 'BB' meets in any individual event or relay leg (stroke and distance) in which the swimmer has achieved the 'AA' standard, even if entry was made prior to achieving the 'AA' time.
- G A 'BB' swimmer is prohibited from competing in any relay or individual event, in 'B' or 'C' meets, even if entry was made prior to becoming a 'BB' swimmer.
- H A 'BB' swimmer is prohibited from competing in any individual event in an 'A' meet except for individual events in which the swimmer has achieved a time and all relays. Refer to I below.
- I OPTION - A 'BB' swimmer who has achieved one or more 'A' times may elect to compete in an 'A' meet however, once such a 'BB' swimmer elects to compete in a 'BB' event(stroke and distance) in an 'A' meet, the swimmer is prohibited from competing in a 'BB' meet in any event while in that age group.

.7 'C' Competition

- A A 'C' swimmers is one who has not achieved a 'B' time in two of the five different strokes in a given age group regardless of the length of the event or course (50 meter, 25 meter, 25 yards). I.M. is considered a stroke

- B A swimmer may qualify as a 'C' swimmer in any sanctioned or approved meet.
- C A swimmer qualified as an 'C' swimmer at one course is automatically qualified for the other courses.
- D 'C' times achieved in 50 meter and the 100 yard I.M. are used to determine a swimmer's classification only in the 10 and under age group.
- E In a 'C' meet, only 'C' swimmers are permitted to compete.
- F A 'C' swimmer may compete in any 'C' meets and may enter any event in a 'C' meet in which the swimmer has not achieved a 'BB' time. A 'C' swimmer is prohibited from competing at 'C' meets in any individual event or relay leg (stroke and distance) in which the swimmer has achieved the 'BB' standard, even if entry was made prior to achieving the 'BB' time.
- G A 'C' swimmer is prohibited from competing in any individual event in 'A' or 'BB' meets.
- H A 'C' swimmer is prohibited from competing in any individual event in an 'B' meet except for individual events in which the swimmer has achieved a 13-14 'B'(refer to I below) time and all relays.
- I OPTION - A 'C' swimmer who has achieved one or more 'B' times may elect to compete in a 'B' meet however, once such a 'C' swimmer elects to compete in a 'C' event(stroke and distance) in an 'B' meet, the swimmer is prohibited from competing in a 'C' meet in any event while in that age group.
- J 'C' meets should be completed in one day.

.8 Open Competition

- A Open meets have no maximum or minimum qualifying times.
- B Open competition may be held with or without age groups.

.9 8 and Younger Competition

- A There are no maximum or minimum qualifying times for 8 and under and 7-8 events.
- B 8 and under and 7-8 events are included only in developmental meets with 'BB' or slower qualifying times. In all 8 and under and 7-8 events any swimmer 8 years old or younger may enter any event regardless of time achieved.
- C OPTION - Any swimmer 8 years old or younger who has achieved at least one 10&Under 'A' time may choose to be classified as an 'A' swimmer as in 207.2.3. Any swimmer 8 years old or younger who has achieved at least one 10&Under 'BB' time may choose to be classified as a 'BB' swimmer as in 207.2.4. Any swimmer 8 years old or younger who has achieved at least one 10&Under 'B' time may choose to be classified as a 'B' swimmer as in 207.2.5.

.10 Special Competition - The Board of Directors or House of Delegates may authorize additional classes of competition(e.g. meets with alternative qualifying time standards and/or age groupings) on a

trial basis for evaluation in order to achieve the objectives of USA Swimming and North Carolina Swimming.

207.5. PROTESTS AND PENALTIES

- .1 Protests regarding classification of any swimmer and/or his eligibility to enter and/or compete in an event, events, meet, or meets, shall be made in writing to the Meet Referee and/or NCS Review Board Chair. It is an infraction for NCS clubs to enter an event in an NCS sanctioned meet event without the relay or swimmer meeting the minimum required qualifying time for that event. It is an infraction for NCS clubs to enter athletes in an NCS sanctioned meet event with the swimmer having previously achieved or surpassed the maximum allowed qualifying time standard for that event.

The NCS club member that submits the entry shall be assessed a minimum of twenty five dollars (\$25.00) per such entry.

- .2 LENGTH Meet hosts shall take steps to control the length of meets, using a maximum of four (4) hours of competition per session and eight (8) hours of competition for a prelims/finals meet for a particular age group or class of swimmer in any one day as a desirable goal. This effort may take any one or combination of several forms, such as: limiting the number of events in one day, number of competitors, or the number of event entries, subject to the approval of the appropriate Division Vice-Chair.

- A All 12 and under events in any session must be completed in 4 hours, from the scheduled start time of the first 12 and under event except for championship meets.
- B The Senior Chair or his designee shall assess a fine of \$250 for each session, that exceeds four hours and for each additional thirty minutes (i.e. \$250 for 4:01-4:30, \$500 for 4:31-5:00, \$750 for 5:01-5:30, etc.)

NOTE: Equipment breakdowns and rain delays shall not be counted against the 4 hour time limit

- C The meet referee or designee is charged with reporting to the Senior Chair the timeline for each session within one-week of the last day of the meet.
- D All fines will be placed into the NCS Travel Fund. The assessment of a fine may be appealed according to NCS Rules and By-Laws.
- E The meet host must refund entry fees to entrants for all events cancelled or limited.

207.6. AWARDS

- .1 All individual and team awards must conform to USA Swimming Rules and Regulations and NCS Bylaws and Rules.
- .2 All meets with 'BB' or slower qualifying times which exclude the fastest Ag Group swimmers shall not provide team championship or high point awards and are limited to awards that do not exceed a cost of \$2.50 per award.

- .3 A ribbon or other appropriate award shall be presented to each heat winner in all meets with slower than 'A' qualifying time standards.
- .4 Special certificates, ribbons, and/or other appropriate awards should be presented to all swimmers who achieve 'A' times in a meet with slower than 'A' qualifying time standards.

ARTICLE 208: REQUIRED MEET REPORTS

208.1. ATHLETE EXPENSES Within ten (10) days of the completion of the meet, report any payment of money or anything of value given directly or indirectly to any athlete competing in a sanctioned event. The report must be filed in accordance with USA Swimming Rules and Regulations, Article 202, 202.2.8

208.2 FINANCIAL REPORTS Within thirty (30) days of the completion of the meet, file a complete financial report detailing income and expense with the General Chair, and Treasurer. Failure to mail the appropriate financial reports and payment to the Treasurer within thirty (30) days shall result in an automatic fine of \$100.00

208.3 RECEIPTS AND VOUCHERS Receipts and vouchers may also be required and must be submitted within fifteen (15) days after being requested by the General Chair, or Treasurer. Failure to mail the requested receipts and vouchers to the Treasurer may result in a fine of up to fifty dollars (\$50.00).

208.4. PAYMENT OF FEES

- .1 All fees and receipts, and surcharges due must be paid to the Treasurer within thirty (30) days after completion of the meet. Failure to mail the appropriate fees and/or receipts due may result in a fine of up to fifty dollars (\$50.00).
- .2 Travel Fund receipts are to be identified as 'Travel Fund.'
- .3 The Entry Fee Assessment of total entry fees, is to be identified as 'Assessment Fee of Entry Fees' and must be paid according to the following schedule:
 - A Any meet where awards are furnished by a USA Swimming National Sponsor, regardless of meet classification: 15%
 - B Regional Championships: 0%
 - C Senior, Age Group and Senior/Age Group meets, year round: 8%
 - D Open Water Meets: 0%
- .4 For any sanctioned meet where an entry fee is charged, the host is responsible for payment of the assessment fee of entry fees for each entry in the meet regardless of whether or not competitors from the meet host paid entry fees.

208.5. RESULTS

.1 Required Items

- A Name of meet, date, site, and course (pool length)
- B Sanction number
- C List of participating clubs and their corresponding club codes (abbreviations.) Meets must use the NCS Official Codes. Each unattached competitor must be identified with his LSC, place of residence, or club to which transferring.
- D All event results segregated by age groups and sex. Within each age group and sex, the results for each stroke shall be in the following order: freestyle, backstroke, breaststroke, butterfly, and individual medley followed by the relays.
- E Official preliminary, finals, swim-off, and re-swim times of all competitors in order from fastest to slowest and with all lead-off split times from fully automatic timing that can be used for National Qualifying, National Age Group Recognition, etc. The results of meets with slower than 'A' qualifying time standards must indicate all times that are 'A' or faster.
- F Ages of all swimmers in all individual and relay events in which the entrants may be more than two years apart in age, e.g. 13-18, 15-18, Senior, Open.
- G For meets with faster 'A' or faster qualifying time standards, the first and last names of all relay participants.

- .2 Recipients - Competition results must be provided within fifteen (15) days to all clubs and unattached swimmers that participated in the meet, the General Chair, the Age Group and/or Senior Vice-Chair as applicable and the Records Chair. Additionally, at meets where the qualifying times for US Olympic Trials, USA Swimming National Championships, USA Swimming Junior Championships, World Cup, or US Open are achieved, an electronic copy of the results should also be sent to the NCS Times Chair.
- .3 Fine - Failure to provide appropriate meet results within fifteen (15) days will result in an automatic fine of one hundred dollars (\$100).

ARTICLE 209: TRAVEL FUND

209.1. SURCHARGE

- .1 There shall be an NCS Travel surcharge of \$2.00 per swimmer per meet. This surcharge applies to all sanctioned NCS meets that charge or collect entry fees, except National Championship, closed league, and open water meets.
- .2 It is the responsibility of the meet host to collect this surcharge for each entrant, including those entrants that are members of the meet host.
- .3 The Travel Fund monies collected must be sent, properly identified, to the Treasurer within thirty (30) days of the last day of the meet.

209.2. DISBURSEMENT OF INCOME

- .1 A maximum of fifty percent (50%) of the Travel Fund Endowment interest/dividend income shall be disbursed each year. The remaining percentage shall become part of the Travel Fund Endowment.
- .2 All income received from USA Swimming from Swim-a-thon may be disbursed each year, unless otherwise determined by the NCS House of Delegates or Board of Directors.
- .3 All monies from all marketing agreements may be disbursed each year, unless otherwise determined by the NCS House of Delegates or Board of Directors.
- .4 The Travel Fund Committee may disburse additional monies as approved by the NCS House of Delegates or Board of Directors.
- .5 Total disbursement shall not exceed the sum of available monies to be disbursed listed above in any year.

209.3. TRAVEL FUND COMMITTEE

- .1 Administration of funds is the responsibility of the Travel Fund Committee comprised of the General Chair, Age Group and Senior Vice-Chairs, Treasurer, and a maximum of two at-large members appointed by the General Chair to provide a minimum of two coaches.
- .2 The General Chair shall appoint the Committee Chair from those that comprise the Travel Fund Committee.
- .3 Prior to March 1 each year, the Committee shall develop and propose to the Board a budget listing expected income and forecasting the number and shares of eligible participants.
- .4 The Treasurer shall submit to the Travel Fund Chair and the Scheduling Chair a list of all surcharges paid each quarter to assure compliance with surcharge requirements.

209.4. TRAVEL FUND ELIGIBILITY

- .1 Swimmers must be registered members of NCS and USA Swimming for the current year as of March 1 for reimbursement for short course season meets or July 1 for reimbursement for long course season meets.
- .2 Swimmers must qualify for and participate in an individual event at the National Championship or other meet for which travel support is requested or be selected for and represent NCS in a Southern Zone Championship meet.
- .3 Swimmers must have supported NCS by participating in a minimum of two NCS meets or other designated meets during the same season of the National Championships or other meet for which funds are requested. Short course and long course seasons are separate seasons. Designated meets shall include NCS and Region III Championships, NC High School State Championships, University College/Conference Championships, and other major meets approved by the Travel Fund Committee.

- .4 For Olympic Trials, USA Swimming National Championships, USA Swimming Junior Championships, U.S. Open Championships, clubs must submit lists of eligible swimmers to the Travel Fund Chairman within thirty (30) days immediately following the entry form due date for the meet for which funds are requested in order to ensure consideration for funding. NCS Southern Zone Team members are automatically considered by the Travel Fund Committee without application.
- .5 Meet results and heat sheets may be used to verify eligibility.
- .6 The Travel Fund Committee may consider the awarding of funds for extenuating and appropriate circumstances. Such awards must have the approval of the Board of Directors prior to payment.
- .7 No swimmer shall receive funds for more than five (5) Junior Championships.
- .8 No club in arrears, with any travel fund charges or other assessments or fees due to USA Swimming or NCS, shall receive Travel Fund monies.
- .9 Any club hosting a Swim-a-thon that has not paid the established Swim-a-thon assessments to USA Swimming or that runs a 'swim-a-thon'-like event without paying the established swim-a-thon fees shall be considered in arrears until the fees are paid.

209.5. ALLOCATION OF FUNDS

- .1 National Championship participants may receive up to one hundred percent (100%) of the most economical coach air fare readily available as determined by the Travel Fund Committee and approved by the Board.
- .2 Junior Championship participants may receive up to seventy-five percent (75%) of the most economical coach air fare readily available as determined by the Travel Fund Committee and approved by the Board.
- .3 NCS Southern Zone Team participants may not be considered for funding unless all eligible National and Junior Championship participants receive at least fifty percent (50%) of the maximum allowable shares.
- .4 When a swimmer has been NCS registered less than two consecutive seasons and participating in a minimum of 2 NCS meets, the swimmer may receive only one third (1/3) of the appropriate allocation during this first season of registration and only two thirds (2/3) of the appropriate allocation during his second consecutive season of registration.
- .5 Any club that has established its own travel fund to provide further travel support for swimmers may request that funds be sent directly to the club.
- .6 The Travel Fund Committee Chair shall publish a complete report of Travel Fund disbursement in the NCS Skimmer following each season.

ARTICLE 210: RECORDS

GENERAL ELIGIBILITY REQUIREMENT: In order to be considered for NCS Senior Records, Age Group Records, Top-5, or All-Stars, a swimmer must be registered with USA Swimming and representing a NCS club when the time is achieved.

210.1. SENIOR RECORDS

- .1 Events - Senior Records shall be maintained for women and men for all the events included in the USA Swimming National Championships, both long and short course.
- .2 Types
 - A NCS Senior Record – The best time ever swum by a NCS registered athlete at time of performance in any USA Swimming sanctioned, approved, or observed meet, within or without North Carolina, or in a National or International Championship event recognized by USA Swimming. The swim must appear in the SWIMS National Times Database. A time achieved at one of the observed North Carolina High School Championship meets is acceptable for a NCS Senior Record. A tie of an existing record shall be recognized as such in the Senior Records list. Any swim timed with watches only is not acceptable for a NCS Senior Record. Any time achieved in a time trial is not acceptable for a NCS Senior Record.
 - B NCS Senior Championship Record - The best time ever swum in a meet event designated as a NCS Senior Championship.

210.2. AGE GROUP RECORDS

- .1 Events - Age Group Records shall be maintained for girls and boys in the age groups 10-U, 11-12, 13-14, 15-16 (individual events only), and 15-18 (individual events only), and 18&Under for all events included in the National Age Group Recognition Listings.
- .2 Types
 - A NCS Age Group Record – The best time ever swum by a NCS registered athlete at time of performance in an age group in any USA Swimming sanctioned, approved, or observed meet, within or without North Carolina, or in a National or International Championship event recognized by USA Swimming. The swim must appear in the SWIMS National Times Database. A time achieved at one of the observed North Carolina High School Championship meets is acceptable for a NCS Age Group Record. A tie of an existing record shall be recognized as such in the Age Group Records list. Any swim timed with watches only is not acceptable for a NCS Age Group Record. Any time achieved in a time trial is not acceptable for a NCS Age Group Record.
 - B NCS Age Group Championship Record - The best time ever swum in a meet designated as an NCS Age Group Championship.

210.3. LIST A list of current NCS records may be attached in Part III.

ARTICLE 211: NCS ALL STAR CRITERIA

211.1. GENERAL Selection of NCS All Stars shall be based upon times achieved by NCS registered swimmers during each season, Long Course and Short Course, September 1 to August 31, in USA Swimming sanctioned, approved, or observed meets, in the age group events designated by NCS, provided such events are offered in NCS meets and are available to all NCS swimmers.

211.2. ALL STAR CRITERIA

- .1 Each NCS swimmer who individually achieves at least one USA Swimming Top 16 National Reportable Time is a NCS All Star.
- .2 Each NCS swimmer who achieves Top-5 "AAAA" times in two or more of the following categories: freestyle, sprint freestyle, backstroke, butterfly, breaststroke, or individual medley in either the Short Course or Long Course season is a NCS All Star upon verification by the NCS All Star Committee.

211.3. ADDITIONAL ALL STAR CRITERIA AND DESCRIPTION

- .1 The NCS All Star Committee may annually select additional All Stars at the end of the year in the following age groups: 17-18, 15-16, 13-14, 11-12, 10& Under.
- .2 The corresponding distance, yards or meters, of a given stroke is considered one event.
- .3 All Star lists shall be published for Short Course and Long Course seasons.
- .4 Freestyle (Freestyle events 400 and longer for 15-18, 15-16, and 13-14; 200 and longer for 11-12 and 10&Under) and Sprint Freestyle (Freestyle events 200 and shorter for 17-18, 15-16, and 13-14; 100 and shorter for 11-2 and 10&Under) are considered distinct 'strokes' for the purposes of this Article, along with Backstroke, Breaststroke, Butterfly, and Individual Medley.
- .5 The NCS All Star Committee is responsible for publishing the NCS All-Star Criteria.

ARTICLE 212: FACILITY USE SURCHARGE

212.1. GENERAL

- .1 In order to provide quality meets at superior facilities, a surcharge of ten dollars (\$10.00) per swimmer may be collected for the following meets: NCS Spring and Summer Senior Championship Meets and NCS Spring and Summer Age Group Championship Meets. Relay only swimmers are exempt from the facility charge.
- .2 For Non-Championship Meets, any NCS club hosting a meet on the NCS schedule may charge up to ten dollars (\$10.00) for SC meets, up to \$15 for LC meets per swimmer to recover facility charges.
- .3 In order to assess a facility surcharge, the meet classification, the facility to be used, and the amount of the surcharge must be included in the bid packet and must be approved by the NCS House of Delegates at a regular NCS House of Delegates meeting held to approve the meet schedule or by the Board of Directors between meetings of the House of Delegates.

ARTICLE 213: MISCELLANEOUS

213.1 OLYMPIC TRIALS QUALIFYING TIME: As Olympic Trials time standards, once achieved, are valid through the end of the current Olympic quadrennial. Any swimmer, who has achieved an Olympic Trials time standard, may use that time as an entry time into any NCS meet in which he/she is otherwise eligible to compete through the end of the quadrennial.

213.2 AMENDMENTS

- .1 Amendments to these Rules are to be made in the same manner as amendments to the NCS Bylaws, except that only a simple majority is necessary. See NCS Bylaws Article 111, Section 111.3 for reference.