

NASHVILLE SWIM LEAGUE CONSTITUTION
(updated 10/20/15 for 2016 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.
- 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 Board. One of the committee members must be the USS 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.
- 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, the situation will be reviewed by the Executive Board, recommendations will be made, and continued membership will be voted upon by the active League membership.
- I. Each team is required to provide a potential board member nominee to serve

on the Executive board in the rotation that is set 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, Divisional Vice-Presidents, Recording Secretary, Treasurer, ~~Eligibility Chairman~~, USS Swimming Rules Interpreter, President Ex-Officio plus an active coaching representative from each divisions, to be elected by the active coaches each year at the May meeting. All other officers will be elected at the winter meeting. Coaches may not serve on the Executive board with the exception of a coaches rep.

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

- A. Call the meetings of the League.
- B. Manage the finances of the League and recommend annual assessments to the membership for the proper operation of the League.
- C. Faithfully conduct the affairs of the League so as to pursue its objectives as set forth in the Preamble of this Constitution.
- D. Nominate selected organizations for membership in the League.
- E. Enforce the Constitution as voted on by the membership. The Board cannot be called upon to enforce arbitrary agreements between teams.
- F. Sub-Committee for protests: This committee shall be made up of the President, President-Elect, the appropriate Division VP's, a coach representative, Eligibility Chairman, and the USS Swimming Rules Interpreter for the purpose of resolving 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 said 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 and the Executive Board. Members of the Executive Board, with the exception of the President, are entitled to vote in all affairs of the League. The President shall only exercise a vote in the case of a tie. No proxy votes shall be accepted.
- B. Each club representative shall be entitled to one (1) vote in the affairs of the League. This shall be the responsibility of the Team Representative or their designated alternate. Coaches may be alternates.
- C. The Executive Board shall have the authority to act for the League in all matters, subject to the approval 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:
 - A. President
 - B. Vice President
 - C. Divisional Vice-Presidents
 - D. Recording Secretary
 - E. Treasurer
 - F. President Ex-Officio
 - G. USS/NSL Swimming Rules Interpreter
 - H. Coaches Representatives, one from each division
- E. At the discretion of the membership, officers of the League may be combined as a single responsibility.
- F. In addition to the above board positions, an "Eligibility Committee" that consists of the League 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 meetings
 - 2. Coordinate the running of the City Meet with the Vice President

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. Following the Fall Meeting, a committee appointed by the President will take the nominations from the general membership and establish a slate of candidates for officers of the Executive Board. The nominating committee shall inform the General Membership, in writing, at least fifteen days before the Winter Meeting the proposed (nominations) slate of officers.
8. Be responsible for the printing and ordering of the City Meet T-Shirt, in conjunction with the City Meet Director. Order or appoint others to order and distribute all supplies necessary for the running of the League and Dual Meet Season.

B. Vice President

1. ~~Assume the office of President in the following year—This needs to be removed~~
2. Coordinate the running of the City Meet with the President
3. Conduct the affairs of the League should the current President be unable to
4. ~~Will assume the position of the President for the following season~~
5. Assemble and distribute all materials necessary for the running of the City Meet
6. Select and coordinate design of the City Meet T-Shirt
7. Responsible for assuring that all Clubs supply workers for the City Meet as outlined in the Miscellaneous Rules Article IV Section 7-A.
8. Secure Timers and Head Timer(s) and Meet Marshall
9. Prepare appropriate opening ceremonies for each of the day of the City Meet
10. Coordinate the operation and running of the City Meet with the Administrative Organization(s)
11. Have on hand all necessary records for checking eligibility of individual swimmers
12. Collect results during winter swim season of those winter meets that have been timed electronically or manually (all “winter league” meets)

C. Divisional Vice-Presidents

1. Act as a liaison between President, Executive Board and Team Representatives for the purpose of relaying information & requests
2. Set schedules by the Winter General Membership meeting for Dual/Tri/Quad Meet season their respective divisions and coordinate the time of the meets with the team representatives
3. Receive and collate Meet Analysis Sheets and report any problems or discrepancies to the Executive Board (with a synopsis/overview of findings at the post season general meeting). Should also send summary of results

to each team in respective division at the conclusion of current season and submit Meet Analysis Sheets to President Before City Meet. Bring summary of meets to the fall meeting.

D. Recording Secretary

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

~~E. Eligibility Chairman These duties moved to Vice President~~

- ~~1. Have on hand all necessary records for checking eligibility of individual swimmers~~
- ~~2. Collect results during winter swim season of those winter meets that have been timed electronically or manually (all "winter league" meets)~~

F. Treasurer

1. Keep all records of income and expenses
2. In conjunction with Executive Board, establish budget for next fiscal year
3. Send out dues statements to each individual club
4. Collect all money due/owed to the League
5. Make all disbursements in conjunction with League business
6. Keep a checking and/or savings account in the League name in an accredited institution
7. Work with paid accountant and maintain 501-3c
- ~~8. Be responsible for the printing and ordering of the City Meet T-Shirt, in conjunction with the City Meet Director. Order or appoint others to order and distribute all supplies necessary for the running of the League and Dual Meet Season.~~

G. USS Swimming Rules Interpreter

1. Be at least minimally certified as a USS Swimming certified Stroke & Turn official
2. Advise the Executive Board on rules pertaining to USS 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
4. Be responsible for holding a coaches meeting before the Dual/Tri Meet season begins.

H. Coaches Representatives

1. Serve as a member of the Executive Board
2. Act as liaison between coaches and Executive Board
3. Be in contact with the coaches in their division following each meet to

review concerns

I. TEAM RESPONSIBILITIES

1. Pay all dues by Winter General Membership Meeting prior to the upcoming season or be subject to a fine as determined by the Executive Board
2. Have enough adults certified to officiate properly at Dual/Tri meets
3. Provide at least one nominee from your team by the fall general membership meeting to be a potential candidate for available NSL board positions.
4. Submit declaration of winter swimmer form to NSL Secretary by June 1 prior to the first meet.
5. Send in team roster within 7 days after the first dual/tri meet with (1) check attached.
6. Check all equipment required for running a Dual/Tri meet, (starting blocks, ropes, timing equipment, etc.)
7. Secure all supplies necessary to host a home meet (entry, DQ slips, starting gun/horn, etc.)
8. Pay any assessments by the due date as stated by the League Treasurer
9. The day before a meet, check to be sure all workers and supplies are secured
10. Coordinate with your coach to be sure City Meet Coaches Meeting is attended and City Meet Entries are completed and turned in on time

J. TEAM REPRESENTATIVES

1. Act as liaison with Executive Board establishing good communication between teams, coaches and Board. Attend all General and called meetings of NSL and one NSL clinic. Represent and report to team members and coaches events that transpire at these meetings
2. Keep Divisional Vice-Presidents current on names and addresses of Coaches and Team Representatives
3. Be familiar with the Constitution/By-Laws/Miscellaneous Rules of the NSL and basic USS Swimming rules
4. If your start times must be changed due to extenuating circumstances, the host team representative must call the visiting team
5. Fill out Meet Analysis Sheet immediately following meet and send to Division VP within 48 hours
6. The host team must email meet results by the designated deadline.
7. 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.)
8. Bring name of nominee to the Fall General Membership Meeting for Executive Board Rotation

K. COACHES

1. Develop participants for swimming
2. Set hours of practice and training rules appropriate to his/her position

3. Maintain discipline at all events of the League.
4. Make recommendations to the League for a more effective and efficient operation of its events and other affairs
5. Head Coach(s) and/ or assistant coaches MUST attend the designated coach's meeting at the beginning of the season.
6. No member of a coaching staff may be designated as Clerk of Course at any Dual/Tri Meet

ARTICLE II

Meeting and Elections:

- A. The Fall, Winter, and May 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 meeting of the League, each member organization 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 meeting and these officers shall serve, beginning January 1st of the next calendar year.
- G. The Team Representatives or a substitute must attend the May "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 team that does not send a representative to this meeting.

ARTICLE III

Dues and Assessments:

- A. The dues and assessments shall be determined by a majority vote of the membership of the League.
 - 1. Fees:
 - a. 2015 Season: Summer Roster Fee - \$4.00; Winter Dues \$200
 - b. 2016 Season: Summer Roster Fee - \$5.00; Winter Dues \$200
- B. The fiscal year of the NSL will operate on a calendar year basis, from January 1st to the following January 1st.

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.

MISCELLANEOUS RULES OF THE NASHVILLE SWIM LEAGUE

ARTICLE I

General Rules:

- A. United States 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 orally, faxed or in writing (if oral or faxed) within three (3) days to the League 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 League President within three (3) days of the circumstance.

Note: The NSL does not recognize video play 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:

- a. 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 USS Swimming Rules
 - b. 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
 - c. The Coach and Team Representative shall receive a written notice of warning
 - d. 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:
 - i. Require all awards to be returned and points and awards be redistributed to the correct swimmer and teams
 - ii. Put the Team on probation for a period of one (1) year
 - iii. Ban the swimmer involved from participation for one (1) year
- D. Coaches and 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 sponsor organization will be notified. Team and/or Coach will 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. 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 club member is defined as a member who is a dues paying member of the sponsoring club (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.

2. Lifeguards are not eligible to compete for a club unless they are members
3. A club cannot have more than 4 non-member coaches compete for the club. A coach must be employed and paid by the club in order to compete
4. 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:

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 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.

D. A team roster listing all swimmers and competing coaches must be sent to the league Treasurer within 7 days following the first swim meet 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.

E. A team roster listing all swimmers and competing coaches must be sent to the league Treasurer within 7 days following the first swim meet 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.

- F. Once a swimmer has represented a member club, he/she is not eligible to swim for another NSL team (or a team in any other local summer swim league) during the same season.
- G. Out of town swimmers coming into the area for the purpose of furthering their swimming skills at our local USS clubs will not be permitted to participate in the NSL.
- H. 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 5 PM the day before the meet. The meet will then be seeded and the official line up will be in place. One 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 two 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 designated persons 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 meet programs and cards. If the meet is a Two Session meet, the meet program and cards 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. The Middle time from the 3 timers will be the official time. In the event there only two watch times

available, the official time is the average of these 2 times. If 2 of the 3 watches are the same, the like times are to be used as the official time.

F. DUAL MEETS:

1. Visiting teams are to use lanes 1-3-5 and home teams are to use lanes 2-4-6. When using a 5-lane pool, the home team shall use lanes 2-4, visiting teams shall 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.
2. The fastest swimmers will be in the middle lanes (3 & 4) and in the first heats.
3. 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.
4. **DUAL MEET WORKERS:**
 - a. 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***	1	0
*Stroke & Turn	2	2
Head Timer	1	0
Timers**	9	9
Scorer's Table	3	3
Clerk of Course****	1	1
Runners	2	0
Refreshment Runner	1	0

* Must be certified USS or NSL Clinic

** 3 TIMERS PER LANE. May not serve in this and another capacity at the same time. Must be 12 years old.

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

Scorer's Table - Both teams (home and visitor) must be present at the scorer's table.

****May not be a Coach

NOTE: Coaches may not serve as Officials, Referees or Starters

G. TRI MEETS:

1. Visiting teams in Tri-meets are to use lanes 1 & 4 and 2 & 5, position to be assigned by the home team at least three days before the meet. The home team will use lanes 3 & 6.
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:**
 - a. 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**	6	6	6
Scorer's Table	3	3	3
Clerk of Course****	1	1	1
Runners	2	0	0
Refreshment Runner	1	0	0

*Must be certified USS or NSL Clinic.

** 3 TIMERS PER LANE. May not serve in this and another capacity at the same time. Must be 12 years old.

*** 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

**** May not be a Coach

NOTE: Coaches may not serve as officials, referees or starters

- H. Host team is responsible for providing **all** meet supplies and equipment necessary to run the meet. **Each team supplies its own watches.** Ribbons are the responsibility of the home teams.
- I. If opposing teams desire an "impartial" referee to preside over their meet, this referee must be USS certified and deck trained. Teams are responsible for any arrangements concerning these referees.
- J. 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 USS Swimming or one of the clinics provided by the NSL. Timers must be 12 years of age. Certified personnel may not serve dual roles.
- K. **SCORING:** Points will be awarded on the basis of five (5) points for 1st, three

(3) for 2nd and one (1) for 3rd. 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. The same rules apply for relays, except point values are ten (10) points for 1st, six (6) for 2nd and two (2) for 3rd. Only three (3) relays per club are allowed per event in Dual Meets and only two (2) per club in Tri Meets. 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. The electronic meet manager should be programmed to score ties in this manner.

1. Ribbons will be awarded for 1st – 12th place, but no points shall be awarded or scored for 4th – 12th place.
2. Team standing will be decided on the following basis:
 - i. Dual Meets:
 - 4 points for winning
 - point for second
 - ii. Tri Meets:
 - 4 points for winning
 - 3 points for second
 - 2 points for third
3. Forfeits: 0 points will be awarded to the forfeiting team.

L. Division champions will be based on the win/loss record from the season. In case of a tie, after totaling the points as described in B above, the winner of the respective division will be the team that won the regular dual meet competition. Season Dual/Tri Meet trophies will be awarded to the teams finishing in the top two (2) places. Should there be a tie, the cumulative points will be the deciding factor.

M. 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
7. The NSL Executive Board at the Executive Board Meeting prior to the Winter General Membership Meeting decides division placement.

N. Dual/Tri Meet High Point winners shall be any swimmer who wins two (2) individual events and the Individual Medley event in either the Novice Category or the Open Category. There will be no crossover benefit. You either score as Open or as Novice for High Point consideration on all three (3)

events.

- O. Dual/Tri Meet High Point winners shall be any swimmer who wins two (2) individual events and the Individual Medley event in either the Novice Category or the Open Category. There will be no crossover benefit. You either score as Open or as Novice for High Point consideration on all three (3) events.
- P. Regular season Dual/Tri Meet trophies will be awarded to the teams finishing in first and second place in their respective divisions. These trophies will be presented at the City Meet.

Q. Event Participation

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

FREESTYLE			
O	6& U	Unlimited Heats	Unlimited Swimmers
O	7& 8	Unlimited Heats	Unlimited Swimmers
O	All Others	2 Heats	6 Swimmers
N	All Others	Unlimited Heats	Unlimited Swimmers
BACKSTROKE			
O	6& U	Unlimited Heats	Unlimited Swimmers
O	7& 8	Unlimited Heats	Unlimited Swimmers
O	All Others	2 Heats	6 Swimmers
N	All Others	Unlimited Heats	Unlimited Swimmers
BREASTSTROKE, BUTTERFLY AND INDIVIDUAL MEDLEY			
O	All	2 Heats	6 Swimmers
N	All	2 Heats	6 Swimmers
** RELAYS			
O	All	1 Heat	12 Swimmers

- 2. Tri Meets shall be limited as follows:

FREESTYLE			
O	6& U	Unlimited Heats	Unlimited Swimmers
O	7& 8	Unlimited Heats	Unlimited Swimmers
O	All Others	2 Heats	4 Swimmers
N	All Others	Unlimited Heats	Unlimited Swimmers
BACKSTROKE			
O	6& U	Unlimited Heats	Unlimited Swimmers
O	7& 8	Unlimited Heats	Unlimited Swimmers

O	All Others	2 Heats	4 Swimmers
N	All Others	Unlimited Heats	Unlimited Swimmers
BREASTSTROKE, BUTTERFLY AND INDIVIDUAL MEDLEY			
O	All	2 Heats	4 Swimmers
N	All	2 Heats	4 Swimmers
** RELAYS			
O	All	2 Heats	16 Swimmers

Extra Heats of some restricted events may be added by majority vote of the coaches.
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.**

- R. Each child may swim two (2) different strokes (a swimmer may not enter both Novice and Open in the same stroke) plus the IM and two (2) relays.
- S. 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 or one (1) Freestyle relay in one swim meet. This procedure applies only to relays and does not conform to US Swimming rules. A swimmer may not move up an age group to swim an individual event.
- T. 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.
- U. Swimmers are required to Compete in the Open category in a given event if they meet any of the following criteria:

SUMMER SWIMMERS

- A. A summer swimmer is eligible to swim novice or open unless they have placed as Follows:
 1. If a 6 & Under swimmer places 1st - 8th in a freestyle or backstroke event at the previous year's City Meet, he/she will swim Open the next year in that event in dual meets and at the City Meet.
 2. If a 7 - 18 year old swimmer places 1st - 8th in a Novice or Open event at the previous year's City Meet, he/she will swim Open in that event the next year in dual meets and City Meet.

WINTER SWIMMERS

- A. A "Winter" swimmer is a swimmer who swims for an organization that practices and competes apart from the NSL Summer program. These include but are not limited to:
 - 1. All US Swimming Programs
 - 2. Middle and High School Programs
 - 3. YMCA Programs
- B. "Winter" times of the swimmers are "legitimate" if the swim takes place prior to June 1st of the current summer swim season using automatic, semi-automatic, or manual watch equipment

RULE

- A. If a swimmer participating in a "winter" program has achieved a "BB" USA Swimming time standard in the actual event or closest distance in either Long or Short course season, he/she will swim open in that event. 8 and Under swimmers need to be evaluated according to the 8 and Under time standards provided on the Nashville Swim League website
- B. Age is not a factor. If a swimmer has achieved an "A" time in an event, this swimmer will continue to swim open in the event as they age up, as long as the time continues to be better than a "BB" time.
- C. A swimmer's "Life Time Best" (LBT) time in an event will count as the official time even if the swimmer stops participating in a Winter program
 - 1. **NOTE:** If there is a protest against a swimmer in a Novice event, the burden of proof lies with the person(s) issuing the protest.
- D. **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.

E. Postponements:

1. If a meet must be stopped for any reason 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 cannot swim in another make-up meet will be considered to have participated in said meet for their purposes of eligibility to participate in the City Meet.
- F. 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.
- G. 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.
- H. 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.
- I. Only (1) Meet Analysis form per team should be filled out by the Head Coach or Team Representative. This online form should be completed within 24 hours of the conclusion of the scheduled meet.
- J. The host team will send a copy of the meet results and the heat sheets to the USS Rules Interpreter. These may be emailed or mailed within 24 hours of the conclusion of the meet.
- K. 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. A single manufacturer's logos or trademark (e.g., "Speedo") is permitted.
- L. 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. Seeding will be on the basis of the best competing times accomplished in a 25 yard pool. Times attained in other than 25 yd. pools should be converted to 25 yd. times. NO ENTRIES will be accepted without a time. The Administrative organization is authorized to adjust obviously erroneous or inconsistent times.
- C. **Entries:**
1. Relays: Swimmers are limited to participating in only one Freestyle and one Medley Relay event.
 2. Individual Events: Swimmers are limited to a maximum of four individual entries in the City Meet. The I.M. is considered an individual event. No swimmer may enter both Novice and Open events in the same stroke.
 3. Relay and Individual entry cards and/or forms must be properly filled out before being submitted to the Administrative Organization for the City Meet. Relay cards must show the following items at the time of the race.
 - a. Swimmers Name
 - b. Swimmers Position

*Alternates do not have to be on the relay cards but must be legally entered in the meet

Fees for City Meet:	6&U:	\$12/swimmer
	7&Up:	\$20/swimmer
 4. Fees for City Meet:

6 & Under	\$12/Swimmer
7 & Up	\$20/Swimmer
 5. Late entries:
 - a. Late entries will be accepted between the time meet entries are due and the end of the coaches' "correction" period.
 - b. There will a late fee for each individual swimmer and relay in addition to the event entry fees
 - c. Late entries on the day of the meet will be accepted no later than 30 minutes before the session begins
 - d. Late Entries will be on a lane available basis after the open/novice corrections have been made.
 - e. These fees will be billed to the team by the Nashville Swim League at the conclusion of the meet
- D. **Awards:**
1. Team trophies will be awarded to 1st, and 2nd place teams scoring the most points (relay and individual events combined) in each division: The team trophies will be awarded to the top 2 teams in 10 & under following

their competition. Team Trophies will be awarded for the top 2 overall teams at the conclusion of the City Meet competition.

2. High Point Champion and the top four Runner-Up trophies will be awarded to swimmers (male and female) in each age group (Novice and Open), for their points accumulated in their four (4) or less individual events. The swimmer must accrue his/her points from events in either the Novice or Open category. Points earned in Novice events will be counted in competition for Novice age group High Point awards. Points earned in Open events will be counted in competition for Open age group High Point awards.
 3. Relay awards:
 - i. Medals for 1st thru 8th place (by division)
 - ii. Ribbons for 9th thru 16th place
 4. Individual Awards:
 - i. Medals for 1st thru 8th place
 - ii. Ribbons for 9th thru 16th place
- E. **Fees:** Will be established by the Executive Board, subject to approval of the general membership. Payment of all fees (swimmer surcharge, individual and relay event charges) must be made at time of entry. Any team who does not make the entry deadline will be charged a minimum of \$100.00 per day. Entry into the City Meet will be at the discretion of the Vice President.
- F. **Scoring:** Points will be scored as follows:
1. Individual Events: 9-7-6-5-4-3-2-1
 2. Relay Events: 18-14-12-10-8-6-4-2
 - i. Relay Events: The fastest eight (8) teams in each division will earn points in each relay for their team, toward 1st and 2nd place team awards given in each divisions.
 - ii. Individual Events: The fastest eight (8) swimmers in each division, in both Novice and Open events, will earn points for their team, toward 1st, and 2nd place team awards given in each divisions.
 - iii. Individual Events: The fastest eight (8) swimmers in each event, (regardless of division) both Novice and Open, will earn points toward individual age group High Point Awards.
- G. Duties of Member Clubs at the City Meet:
1. Each member team will be assigned city meet responsibilities in order to create an equitable distribution of work. In addition, each team will provide workers as assigned prior to the meet.
 2. Each team must provide 2-experienced stroke and turn judges for the City Meet each day. The names of these officials must be provided to the USS swimming rules interpreter the week prior to the city meet.
 3. Any club not supplying its full complement of workers shall be penalized 25 points per position and fined \$100.00.

- H. All protests of eligibility on any swimmer shall be reported to the Eligibility Chairman: Coaches are allowed to submit, "gripe sheets" with questions, to the City Meet Director no later than 30 minutes past the time that the results of the final event have been posted. Once that time has passed, on the final day of the Meet, the computer operators will log in the official results. Once the Final Results are printed, there will be no changes made to the results or final standings of the City Meet.
- I. At the conclusion of the City Meet, if any errors or discrepancies are discovered, the Executive Board of the NSL has the right and duty to correct the abuse; i.e., records may be stripped if it is found that they were obtained under conditions that violated the NSL rules.
- J. A "re-swim" will not be conducted unless the decision on the re-swim is agreed upon by the Meet Referee, City Meet Director, *and* President of the Nashville Swim League.