

ARTICLE I NAME & PURPOSE

1. The Interclub shall be known as the “Staten Island Interclub Swimming & Diving Association”.
2. The purpose of the Interclub shall be to provide a fun and congenial atmosphere to promote the development of swimming and diving skills for eligible Interclub members.

ARTICLE II MEMBERSHIP

A swim club shall be considered a member of the Interclub provided they meet the following qualifications:

1. Willing to participate in a full meet schedule, including The Championships.
2. Able to provide the necessary staffing and equipment to participate in all meets.
3. Able to provide suitable pool times to host home meets.
4. Agrees to host The Championships every X number of years, with X representing the number of swim clubs in the Interclub.
5. Pay the annual Interclub dues.

ARTICLE III INTERCLUB BOARD OF DIRECTORS

1. Subject to the By-Laws, The Interclub Board of Directors shall have the power to do and perform all and everything which may be necessary and proper to conduct the activities of the Interclub.
2. The Interclub Board shall be composed of one (1) person from each member club.
3. The representative shall be a member of that particular club’s Board of Directors, or a Board designated member of the club/or coach . This person should have the support and authority to make Interclub decisions as necessary on behalf of the member club.
4. The President of the Interclub Board shall be the representative from the member club hosting The Championships for the upcoming season.
5. The President shall be responsible for the Interclub financial books for their host season. A financial summery report of all income and expenses, and a proposed budget for the next seasons, shall be submitted to each club by January 1st following the completed season.

6. The Board shall designate one member to be Secretary.
7. Each member of the Board shall be given one (1) vote.
8. All votes on issues shall be decided by a majority vote of the Board. All members shall have an opportunity to vote.

ARTICLE IV ELIGIBLE SWIMMERS & DIVERS

1. All swimmers and divers must be members of an Interclub. A club member is defined by the By-Laws of the individual Interclub Club.
Employees of the individual Interclub Clubs are also eligible to swim or dive in Interclub events.
Any swimmer or diver who wishes to compete for a club other than the club he/she competed for the prior season, ***MUST "SIT OUT"*** the upcoming Interclub season. This rule does not apply to a swimmer or diver whose family has become a member of a new Interclub club.
2. A *HEAD COACH* cannot swim or dive for Interclub.
3. The Board shall handle any questions from clubs concerning a member's eligibility. If a member is found to be ineligible, the team will forfeit any meets the member has competed in.
4. The cut-off date for eligibility in any age group will be July 1st of the current swim season year. Therefore, a member shall participate in the age group according to his or her age on July 1st, and may swim in the summer following their senior year, regardless of age. A member may compete in an older age group (exception, Article X, Par. 5).
5. All clubs shall submit a team roster by July 1st of all eligible members. The roster shall include name, date of birth, and age on July 1st. Each roster should be to all teams and the President before July 1st. If a meet transpires prior to July 1st the roster should be out to those teams 48 hours prior to the start of the meet.
6. Any additions to the roster will be considered additions for the entire season. New children may participate with notification to the Interclub President and to all teams 48 hours prior to an originally scheduled meet.
7. Deletions from the roster are final for that season- a swimmer cannot be reinstated.

ARTICLE V SCHEDULES

1. The Board shall publish a final schedule of dual meets and Championships by June 1st.

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2. Any changes to the schedule must be presented to the Board for review and approval. Rescheduling of a postponed meet shall be agreed upon by both teams & the official. The date shall be determined at the time of postponement.
3. Due to the advanced scheduling of pool time, officials, and other staffing needs, changes to the original meet schedule should be discouraged.

ARTICLE VI OFFICIALS and MEET STAFFING

1. The Board shall appoint officials for the upcoming season. Approval of each official shall be by majority vote of the Board.
2. An official cannot be a current Interclub swim team coach.
3. The Interclub at a rate determined by the Board will pay officials.
4. The Board shall oversee the scheduling of the officials for the dual meets, and for the assignments at the Championships.
5. The officials shall have jurisdiction over the meet and support staff.
6. Each team shall provide one (1) timer per lane (with stopwatches) and one (1) scorer for a dual meet. The home team shall supply one (1) back-up timer and an announcer.

ARTICLE VII THE CHAMPIONSHIPS

1. The Championships shall consist of three (3) days of events. The first will be diving preliminaries and finals. The second day will be swimming preliminaries, and the third day will be swimming finals.
2. To be eligible for The Championships, a child must participate officially and/or unofficially, (swim and/or dive) in four (4) dual meets during the season.
3. Each team will be allowed three (3) entries per event, and one (1) entry per relay.

4. Each swimmer may enter two (2) individual events, one (1) medley relay, and one (1) free relay.
5. Each member club must provide six (6) timers (with stopwatches), three (3) marshals, and one (1) scorer. There must be one representative from each club at the score table. The host club shall provide an announcer.
6. The Board shall assign one official to be the Head Official. This official will have

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jurisdiction over the meet and support staff.

7. There will be 10 swimmers for Swimming Finals & 10 divers for Diving Finals. There will be 8 place scoring used in the Championships for all pools. The five fastest swimmers from the preliminaries for each championship event shall qualify for the “A” finals. The next five fastest swimmers shall qualify for the “B” consolation finals. There will be no “B” Final swimmer allowed to move up to the “A” Finals..
8. Medals will be awarded to each swimmer for first, second, and third places in each event. Ribbons will be awarded for fourth, fifth, sixth, seventh, eighth, ninth and tenth places.
9. Team trophies will be awarded to all clubs at the end of The Championships.
10. No swimmer or diver can swim/dive out of sequence unless attending High School Summer School.
11. All entries to be in **1 week** prior to the start of Championships by 5 pm.

ARTICLE VIII CHANGES TO THE BY-LAWS

1. The Interclub Board shall present changes to the By-Laws to each member club.
2. Voting on changes shall be by majority vote of the member club’s Board of Directors. Each club shall have one (1) vote, and shall have the opportunity to vote.

ARTICLE IX GENERAL RULES AND REGULATIONS

1. The rules governing all Interclub dual meets and The Championships shall be the

current revision of the National Federation Rules for Swimming & Diving.
Interclub exceptions to these rules will be noted in the By-Laws.

Exception: For Breaststroke- Off Starts & turns when doing a pull-out you are allowed **one (1)** fly kick in continuation with the pull-out.

2. The Board shall have the responsibility to ensure that the rules are enforced in a consistent and fair manner by all the officials. Rule enforcement shall be consistent throughout the dual meet schedule and The Championships.

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3. The dual meet official and The Championships head official shall have the final decision for any matters that may require an interpretation of the rules.
4. The official (head official) shall make the determination to stop or postpone a meet due to weather.
5. Changes to the order of competition during a dual meet shall be brought to the attention of the official prior to the start of the meet. If both coaches do not agree to the revised order, then no changes will be allowed. The score table shall be informed of any revisions as soon as possible.
6. Any Protest to a meet should be made within 24 hours of the conclusion of that meet.
7. All persons associated with Staten Island Interclub Swimming and Diving, including swimmers, divers, coaches, parents, spectators and officials are expected to conduct him or herself in a manner which promotes good sportsmanship, fair competition and mutual respect towards all persons attending a Staten Island Interclub Swimming and Diving Association event. Coaches are expected to promote and practice good sportsmanship and respect the judgment of the officials. Swimmers and divers are expected to treat one another as they would like to be treated, while respecting all coaches, officials, parents and spectators. Parents and spectators are expected to remain in the spectator area during all swim and dive meets, respect the judgment of the officials, refrain from making offensive or derogatory comments towards any swimmer, diver, coach, official or other spectator and act as role models for the swimmers and divers. Any swimmer, diver, coach, parent or spectator who, in the collective opinion of the pool manager, official(s) and coaches, at any given swim or dive meet, engages in unsportsmanlike conduct shall be ejected from the facility by the pool manager or his or her designee.

Any coach who was ejected from a swim or dive meet shall be suspended for the next two (2) swim or dive meets and may be subject to additional penalties to be determined by the Board. Any swimmer or diver who was ejected from a swim or dive meet shall be suspended for the next swim or dive meet and may be subject to additional penalties to be determined by the Board. Any parent or spectator who was ejected from a swim or dive meet shall be prohibited from attending any swim or dive meet for the remainder of the season. If the incident which caused the ejection of a parent or spectator from a swim or dive meet occurs during the Staten Island Interclub Swimming and Diving championships, that parent or spectator shall be prohibited from attending any swim or dive meet the following season. All incidents which resulted in a swimmer, diver, coach, parent or spectator being ejected from either a swim or dive meet shall be reported to the Board President. Any complaint regarding the conduct of an official must be made by the coach of the respective Club to the Board President within 24 hours of the completion of the swim/dive meet. Any sanction to be imposed upon the official shall be determined by the Board of Directors.

ARTICLE X SWIMMING RULES AND REGULATIONS

1. For a six lane pool, each team will be allowed three (3) official entries per event. For a five or four lane pool, each team will be allowed two (2) entries per event. Only two (2) places may be scored for any one team for any one event. You must have a swimmer in an event to score a point.
2. The order of competition, age groups, length of races, and scoring shall be as listed in Appendix A.
3. The Home Team shall have lanes 1, 3 & 5. The Visiting Team shall have lanes 2, 4 & 6.
4. Each swimmer may compete in two (2) individual events and one (1) relay.
5. If three (3) or less swimmers/divers are on the roster in an age group, a swimmer/diver in that age group may compete in three (3) individual events, but only in that age group. Only two (2) of these events- designated prior to the meet- may qualify towards MVP awards. This paragraph does not apply for The Championships.
6. Each team may enter one (1) official relay team and only score one (1) place.
7. Entry changes must be made two (2) events prior to the start of that race, and both team representatives at the scoring desk must be notified.
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8. Relay entries must be posted two (2) events prior to the start of the relays.

9. Each swimmer is allowed one (1) false start. A second false start by that swimmer will result in a disqualification.
10. For all age groups, a swimmer may:
 - Start from the blocks, the pool deck, or in the water for any event.
 - Touch the bottom of the pool, but cannot push off.
 - Touch a lane divider, but cannot pull on it.
 - Reset, adjust, or remove goggles without disqualification.
11. There will be two (2) timers per lane for dual meets, and three (3) timers per lane for Championships.
12. To establish a pool record, three (3) timers should be provided, and the official result shall be the middle time. If only two (2) timers are provided, the official result shall be the average of the times. Pool records cannot be established with only one (1) timer.
13. If the official (head official) determines the need to refer to the times for determining the finish of a race, the average of the two (2) times, or the middle of the three (3) times shall be used. Team coaches may make a request to refer to the times, but the official (head official) shall make the final determination.

ARTICLE XI DIVING RULES AND REGULATIONS

1. Each diver may compete in one (1) event, and each team may enter three (3) divers per event.
2. There will be no failed dives for the 8 and under age group. These divers shall receive a minimum score of $\frac{1}{2}$ for any attempt or if no hurdle they will be scored $\frac{1}{2}$ point. A failed attempt of a hurdle will result in a deduction of 2 points from the total score of the judges. This call has to be made at the direction of the Official.
3. Individual changes must be made one (1) event prior to the start of diving for that age group.
4. For Championships, changes shall only be permitted up until **15 minutes** prior to the start of the prelims.
5. The dual meet official shall determine the number of judges for that meet.
 - A.) *Once a diving officiating panel has been selected for a Meet, the panel shall remain intact throughout the Meet.*

6. A minimum of three (3) judges will be required for The Championships. The head official will also be the head judge for diving.
7. If the list of dives doesn't have the proper requirements at the start of any meet, when coming to the dive on the list that causes the infraction that dive will not be scored. And the diver will still be able to compete in the meet.
8. Divers shall be allowed to choose (front jump 100, back jump 200, fwd/bk line-up 001/002) as dives. These skills are a DD of 1.0 and may be performed in any age group. This skill will represent a category and may not be repeated. Any diver who performs a fwd or bk dive without a hurdle (at the end of the board) or bk press will be scored with a 1.0 DD. Coaches can "challenge/discuss" any questionable hurdle or press, with the final determination being made by the meet official.

8-U

3 dives (representing a minimum of 2 categories)

9-10

4 dives (representing a minimum of 2 categories)

11-12

5 dives (representing a minimum of 3 categories)

13-14

6 dives (representing a minimum of 3 categories)

15-18

6 dives (representing a minimum of 3 categories)

Championship Format

8-U and 9-10 will perform their list of dives straight through without a prelims and finals split.

11-12 will perform 3 dives representing 2 categories for prelims. The last 2 dives will be performed in finals, with one of those dives representing the 3rd category.

13-14 and 15-18 will perform 3 dives representing 2 categories for prelims. The last 3 dives will be performed in finals with one of those dives representing the 3rd category.

Appendix A: Swimming Format

Event	Age Group	Distance/Style		Event	Age Group	Distance/Style	
1	Girls 8 & under	25	Fly	13	Girls 8 & under	25	Free
2	Boys 8 & under	25	Fly	14	Boys 8 & under	25	Free

3	Girls 9 & 10	25	Fly	15	Girls 9 & 10	50	Free
4	Boys 9 & 10	25	Fly	16	Boys 9 & 10	50	Free
5	Girls 11 & 12	50	Fly	17	Girls 11 & 12	50	Free
6	Boys 11 & 12	50	Fly	18	Boys 11 & 12	50	Free
7	Girls 13 & 14	50	Fly	19	Girls 13 & 14	100	Free
8	Boys 13 & 14	50	Fly	20	Boys 13 & 14	100	Free
9	Girls 15-18	100	Fly	21	Girls 15-18	100	Free
10	Boys 15-18	100	Fly	22	Boys 15-18	100	Free
11	Girls 15-18	50	Free	23	Jr. (12 & under) Girl	100	I.M.
12	Boys 15-18	50	Free	24	Jr. (12 & under) Boy	100	I.M.
				25	Sr. (13 & over) Girl	200	I.M.
				26	Sr. (13 & over) Boy	200	I.M.

TEN – MINUTE BREAK (KICK BOARD RELAY OPTIONAL DURING BREAK – NO SCORING)

Event	Age Group	Distance/Style		Event	Age Group	Distance/Style	
27	Girls 8 & under	25	Breast	37	Girls 8 & under	25	Back
28	Boys 8 & under	25	Breast	38	Boys 8 & under	25	Back
29	Girls 9 & 10	50	Breast	39	Girls 9 & 10	50	Back
30	Boys 9 & 10	50	Breast	40	Boys 9 & 10	50	Back
31	Girls 11 & 12	50	Breast	41	Girls 11 & 12	50	Back
32	Boys 11 & 12	50	Breast	42	Boys 11 & 12	50	Back
33	Girls 13 & 14	100	Breast	43	Girls 13 & 14	100	Back
34	Boys 13 & 14	100	Breast	44	Boys 13 & 14	100	Back
35	Girls 15-18	100	Breast	45	Girls 15-18	100	Back
36	Boys 15-18	100	Breast	46	Boys 15-18	100	Back

Relays	1st Half	Distance	Relays	2nd Half	Distance
47	Jr. Mixed Medley	100	53	Jr. Mixed Free	100
48	Sr. Mixed Medley	200	54	Sr. Mixed Free	200
49	Jr. Girls Medley	100	55	Jr. Girls Free	200
50	Jr. Boys Medley	100	56	Jr. Boys Free	200
51	Sr. Girls Medley	200	57	Sr. Girls Free	200
52	Sr. Boys Medley	200	58	Sr. Boys Free	200

Scoring Points	1st	2nd	3rd	4th	5th	6th	7th	8th	9th
10th									
Dual Meets:									
Individuals	5	3	1	-	-	-	-	-	-

Relays	7	3	-	-	-	-	-	-	-	-
Championships: All pools										
Individuals	9	7	6	5	4	3	2	1	-	-
Relays	18	14	12	10	8	-	-	-	-	-
Championships: Diving										
Finals	9	7	6	5	4	3	2	1	-	-

Nonscoring Heats

The first ½ of the season there will be unofficial heats in both freestyle & breaststroke. The second ½ of the season there will be unofficial heats in both freestyle & backstroke. All unofficial heats must be attached to the meet sheet & a copy given to the other team. The sheet for unofficial heats should be signed by the official. There can be 3 nonscoring heats per event.

Appendix B: Diving Format

- Diving events shall be scheduled as determined by the Interclub Board prior to the start of the swim season. All teams shall be notified of the order of competition when the schedules are issued.
- If diving is at the beginning of the meet, teams shall be ready to begin the swimming competition 1 & ½ hours after the start of diving.

The Championships:

No preliminary diving for 8 & under and 9 & 10. These age groups will compete in the **morning session only**.

Scoring:

Shall follow the **individual** scoring as shown in Appendix A.

Unofficial Divers: Teams may have four (4) unofficial divers- They are allowed in each age group. Their sheets must be marked prior to the start of the event.