

CISS Rules

(Developed Spring 2007 from notes of past years, updated 2008,2009 and 2010 from meeting notes)

Team Member Definition

A team member is defined as a swimmer who has paid their dues, completed all necessary insurance forms, and whose parent/guardian has fulfilled or committed to fulfill their volunteer obligations to the team. Volunteer obligations are to be established by each team, prior to the start of the season.

Any swimmer who is not on the team roster submitted to the league chairperson prior to June 30th, and/or has not been a regular team member prior to that date, **MAY NOT SWIM AT THE CONFERENCE INVITATIONAL, IF ONE IS SCHEDULED.**

Stroke Definitions & Disqualification

1. The rules for strokes are attached as definition of stroke. Please remember, when in doubt, the benefit goes to the swimmer.
2. In order to be a stroke judge for a given season, an individual must attend the stroke judge clinic for that season. Prior attendance does not qualify; neither does other types of official certification. Any person who has attended two or more consecutive years of stroke clinic will only be required to attend the apprentice clinic. New stroke judges will need to attend stroke clinic and will be strongly encouraged to attend the apprentice clinic.
3. The 1st heat of 6 and unders will be judged by the stroke judges. The 1st and 2nd heats of all other events will be judged by the stroke judges, unless the Team Mom's decide to limit this to 1st heat only at the time of the meet.
4. **THE ONLY PERSONS ABLE TO DISQUALIFY A SWIMMER ARE THE STROKE JUDGES.** See Attached "Stroke Judge Guidelines".
5. Once the race is over, the swimmer finishing the race can not be disqualified if another swimmer dives into the water. If the starter has not given the command "take your mark", the swimmer entering the water early cannot be disqualified for a false start. Only the starter can disqualify a swimmer for a false start.
6. If a stroke judge decides they cannot or do not want to fulfill their duty during a meet, that team may ask for a replacement judge from their team. If their team is not able to fill that position, they may ask for a replacement from the other team upon their consent. The replacement must be a certified stroke judge.

Swimmer Eligibility

1. To be eligible for this league, a swimmer must be between the ages of 4 and 14. The swimmer's age for the summer swimming season is determined by the age of that individual on June 1st of that year.
2. Each swimmer, including those 6 and under, must be able to swim the length of the course independently. An assistant may be in the pool during the 6 and under events but must be located at the end of the lane only. If the swimmer is not able to complete the course independently, they may not swim the event.

3. Each swimmer may swim a maximum 5 individual events. Fly, back, breast, free and IM). No swimmer may swim the same stroke in more than one age group. (IE: swimmer cannot swim 9/10 25 yard fly and 11/12 50 yard fly)
4. A swimmer may swim their age group in one event, and another age group in a subsequent event. (IE: 9/10 25 yard fly and 13/14 50 yard back)
5. A swimmer may NOT swim more than one leg of a given relay (IE: swimmer may not swim both the first and last leg of the relay)
6. A swimmer may swim as many relays as they would like, as long as they DO NOT swim DOWN an age group (IE: a 9/10 swimmer may not swim any 7/8 relays, but may swim 9/10, 11/12, and 13/14 relays)
7. Relays may be made up of any age swimmers, as long as they are not swimming "down".

EXCEPTIONS: these exceptions pertain to the CISS Conference

Invitational

1. A swimmer may ONLY SWIM 2 age groups of relays (IE: a 9/10 swimmer may swim the 9/10 relays and 13/14 relays or the 9/10 and 11/12)
2. All relay teams must have at least one swimmer of that age group swimming in the relay (IE: a 13/14 relay may be comprised of 7/8, 9/10 or 11/12 swimmers as long as at least one of the swimmers is 13 or 14 years old.) A relay team swimming at the conference meet which does NOT have at least one swimmer of the designated age group will be disqualified.

Swim Meet Set-up

1. The team Mom's should contact each other prior to the meet to discuss number of swimmers and other specifics for the meet (concessions, special needs swimmers, "camping locations, etc).
2. The away team is considered the "guest" and as such will have the final decision on calling a meet due to inclement weather. The rules of the hosting pool will prevail with regard to safety issues regarding weather. (i.e no swimmers in the water for 1 hour after a sighting of lightening).
3. If for any reason (other than storms) a team wants to end the meet prior to the end, that team must take a forfeit.
4. Any and all issues, complaints or other, between teams, will go directly and ONLY through team moms. All teams must present and/or reiterate this rule at the beginning of the season to ensure all parents understand it.
5. Only team moms are privy to the score, DQ information, etc. The score is never to be announced or made public.
6. The number of heats for all individual events is limited to 5 with exception of 6 and unders, which will have an unlimited number of heats and the IM which will be limited to 3 heats. Relays are limited to 3 heats.
7. The home team supplies all of the ribbons for a meet. A DQ gets a 4th place ribbon.
8. Lane assignments:
 - Home Team: Lanes 1 & 3
 - Stoke judge lanes 3 & 4

- Away Team: Lanes 2 & 4 - Stroke judge lanes 1 & 2
- 9. Meets shall start at 5:00PM. Warm-up for home team is 4 – 4:25PM, and away team warm up will be between 4:30 – 4:55PM.
- 10. Make-up Meets - If a team is unable to secure enough swimmers or volunteers to constitute a meet, that team must forfeit.

Order of Events & Scoring

***New Order of Events**

Beginning in 2010, the meets will begin with the individual medley events. This will ensure that meets get off to a smooth start and allow volunteers to ease into their positions. After the completion of the IM's, all six and under events will follow.

1. 6 and unders swim $\frac{1}{2}$ of the length of the pool.
2. Order of Events: 1 thru 58, see attached listing
3. Only heat 1 scores points. Points are awarded as follows:
 - 1st place: 5 points
 - 2nd place: 3 points
 - 3rd place: 2 points
 - 4th place: 1 point
 - No points awarded for a DQ

CISS League Stroke Definitions

Backstroke:

- Swimmer must start in the water with their back to the course.
- Swimmer must remain on the back for the entire length of the swim.
- Swimmer may not have their back more than 90 degrees out of the water.
- Swimmer's shoulders may not be past than 90 degrees towards the breast.
- At the end of each length, some part of the swimmer must touch the wall. At the turn, the swimmer MAY turn onto their breast, use one single or a simultaneous double pull to execute the turn. The turn must be continuous. (By the time the swimmer's hand or hands has reached their side, they must be turning. If the swimmer does not choose to do a backstroke flip turn, they must touch the wall on their back.
- After the turn, the swimmer must be on their back when their feet leave the wall.
- At the finish of the race, the swimmer must touch the wall while on their back.

Butterfly:

- Swimmer must use a forward start.
- At the Start and after each turn, the first arm pull must bring the swimmer to the surface of the water.
- All movements of the arms must be simultaneous (arms must mirror each other).
- Arms must recover over the water, simultaneously, with each stroke. No underwater recovery is permitted.
- Legs must kick down and up in a butterfly or dolphin style only.
- All movements of the legs must be simultaneous.
- No scissors, breaststroke, or alternating (flutter) kick is permitted.
- Swimmer must touch the end of each length and at the finish with a two-hand simultaneous touch at, above or below the surface of the water. The hands do not have to be on the same horizontal plane.
- No flip turn is permitted.
- After the turn, the swimmer must be on the breast by the time the last part of the body leaves the wall.

Breaststroke:

- Swimmer must use a forward start.
- At the start and after each turn, the swimmer may take one arm pull, followed by one leg kick while fully submerged.
- The swimmer's head must break the surface of the water by the time the hands reach the widest part of the second arm pull.
- The first arm pull at the start and after each turn may pull to the hips.
- The swimmer must swim the stroke in the order of one arm pull followed by one leg kick throughout the entire swim.
- All movements of the arms must be simultaneous (arms must mirror each other).

- After the first arm pull, arms must be pushed forward from the breast and pulled back simultaneously, not below the hipline, with each stroke.
- Elbows must remain under the water.
- Legs must execute a simultaneous breaststroke kick (legs pull up, push out, and come together; a frog-like kick).
- Swimmer must touch the end of each length and at the finish with a two-hand simultaneous touch at, above, or below the surface of the water.
- The hands do not have to touch on the same horizontal plane.
- No flip turn.
- After the turn, the swimmer must be on the breast by the time the last part of the body leaves the wall.
- Breaststroke Pullouts – On a breaststroke pullout, after a turn, the arms must be on the same horizontal plane.

Freestyle:

- Swimmer may swim any stroke they desire.
- Some part of the swimmer must touch the wall at the end of each length and at the finish.
- At the turn, the swimmer may turn in any manner they desire, including a flip turn.

Individual Medley (IM):

- Must be swum in the order of butterfly, backstroke, breaststroke, and freestyle.
- Must swim 25 yards of each stroke.
- All individual stroke rules apply for each stroke of the swim order.
- No flip turns.
- The freestyle leg of the race may be swum in any stroke other than backstroke, breaststroke, or butterfly.
- The repeat of any stroke is not permitted.

Relays:

- The medley relay must be swum in the order of backstroke, breaststroke, butterfly, and freestyle.
- The freestyle leg of the relay may be swum in any stroke other than backstroke, breaststroke, or butterfly.
- All relay lengths are 25 yards.
- Relay teams must consist of 4 swimmers; no swimmer may swim more than one leg of the relay.
- The swimmer in the water must touch the end of the course before the next swimmer leaves the pool deck or block.

CISS Stroke Judge Guidelines

1. Stroke judges will judge lanes throughout the meet, except during freestyle relays.
 - a. Away team judges lanes 1 and 2
 - b. Home team judges lanes 3 and 4
2. Judges should give equal amount of attention to both lanes in their jurisdiction
3. Judges should call only what they see, not what they expect to see
 - a. Must observe the swimmer making an infraction
 - b. Do not assume the swimmer made an infraction if the judge did not see all of the event
IE: Non-simultaneous touch- judge must see the swimmer touch the wall with one hand, then the other; not assume the swimmer touched with one hand if the judge only saw one hand leave the wall
 - c. In cases of one hand or non-simultaneous touches, note on the DQ report
Which hand touched or which hand touched first
4. Judges may not rely on the comments of a coach, parent, or swimmer in order to call an infraction; no judging by committee
5. Judges must be in position to make an infraction call
IE: Judge cannot make a call from the opposite end of the pool
6. Judges must judge both the relay take-offs and the strokes in their designated Lane during the Medley Relay
7. Judges will judge all four lanes at one end of the pool for relay take-offs
During the Freestyle Relay
 - a. Away team judges all four lanes at the start end of the pool
 - b. Home team judges all four lanes at the turn or far end of the pool
8. In the event of an infraction, the stroke judge should raise the DQ report overhead in order for the runner to see it and pick it up
9. In the event of a disputed infraction call, the dispute will be referred to the Team Parents in charge of each team
- 10. THE BENEFIT OF THE DOUBT GOES TO THE SWIMMER!**

IF YOU ARE UNSURE OF WHAT YOU SAW, DO NOT MAKE THE CALL!

Order of Swim Events

- Boys 11-12 IM
- Girls 11-12 IM
- Boys 13-14 IM
- Girls 13-14 IM
- Boys 6 and under Backstroke
- Girls 6 and under Backstroke
- Boys 6 and under Breaststroke
- Girls 6 and under Breaststroke
- Boys 6 and under Free
- Girls 6 and under Free
- Boys 7-8 Medley Relay (Back. Breast, Fly, Free)
- Girls 7-8 Medley Relay
- Boys 9-10 Medley Relay
- Girls 9-10 Medley Relay
- Boys 11-12 Medley Relay
- Girls 11-12 Medley Relay
- Boys 13-14 Medley Relay
- Girls 13-14 Medley Relay
- Boys 7-8 Fly
- Girls 7-8 Fly
- Boys 9-10 Fly
- Girls 9-10 Fly
- Boys 11-12 Fly
- Girls 11-12 Fly
- Boys 13-14 Fly
- Girls 13-14 Fly
- Boys 7-8 Back
- Girls 7-8 Back
- Boys 9-10 Back
- Girls 9-10 Back
- Boys 11-12 Back
- Girls 11-12 Back
- Boys 13-14 Back
- Girls 13-14 Back
- Boys 7-8 Breast
- Girls 7-8 Breast
- Boys 9-10 Breast
- Girls 9-10 Breast
- Boys 11-12 Breast
- Girls 11-12 Breast
- Boys 13-14 Breast
- Girls 13-14 Breast
- Boys 7-8 Free

- Girls 7-8 Free
- Boys 9-10 Free
- Girls 9-10 Free
- Boys 11-12 Free
- Girls 11-12 Free
- Boys 13-14 Free
- Girls 13-14 Free
- Boys 7-8 Free Relay
- Girls 7-8 Free Relay
- Boys 9-10 Free Relay
- Girls 9-10 Free Relay
- Boys 11-12 Free Relay
- Girls 11-12 Free Relay
- Boys 13-14 Free Relay
- Girls 13-14 Free Relay