



**KU-RING-GAI AMATEUR SWIMMING CLUB INCORPORATED**

## **CLUB RULES**

THE KU-RING-GAI AMATEUR SWIMMING CLUB MEETS WILL  
CONDUCTED UNDER THE SWIMMING NEW SOUTH WALES LIMITED  
RULES

ALL KU-RING-GAI SWIMMING CLUB MEETS WILL BE CONDUCTED  
UNDER THE ONE START RULE

RULES UPDATED AUGUST 2011

# **KU-RING-GAI AMATEUR SWIMMING CLUB INCORPORATED**

## **CLUB RULES**

---

1.01 For rules of swimming, including duties of Meet Officials, refer to Swimming New South Wales Rules.

### **1.02 SWIMMING SEASON**

1.02.1 The main season programme will commence the second Saturday in October and conclude before the end of April.

102.2 Age championships are held in March each year.

### **1.03 CLUB RACES**

1.03.1 The programme for the season will consist of Freestyle, Formstroke and Individual Medley, in addition to commencing with a Long Distance Race.

1.03.2 Distances for the long distance swims will be 200/400/800m for Freestyle and 200 m Breaststroke, Backstroke and Butterfly.

1.03.3 Long distance events will not be swum on days where Championships are being held.

1.03.4 Race entry sheets are issued by the Club and are to be completed by swimmers ensuring only one entry per swimmer per stroke and distance. Maximum swims per person are 1 x Freestyle, 2 x formstrokes, 1 x Individual Medley and 1 x long distance event.

1 .03.5 Swimmers who can competently swim 25m in 25 seconds or less are expected to swim in 50m races for that stroke. In fact, swimmers should not enter 25m if they can swim 50m in training. 25m Freestyle races are provided for those swimmers just promoted from learn to swim or new young members to the Club and 25m formstroke until correct style is determined.

1.03.6 Two race programmes will be prepared. One for October - December and the other for January - March.

1.03.7 Generally, there is a two week break between the last meet in December and the first meet in January.

**1.04 STARTING TIMES**

- 1.04.1 Meets will be programmed to commence at 7.30 am., with the exception of Long Distance events which will commence at 7.15 am.
- 1.05.1 All race entries for the Long Distance close one week prior to the event. All other entries close at 5PM on the Thursday prior to the meet.
- 1.05.2 Entries for an event are deemed to be closed when the first heat of that event is on the starting blocks, unless:-
  - (a) the swimmer was accidentally omitted by an official;
  - (b) vacant lanes are available and the swimmer's addition has the approval of the Referee and/or Meet Director.
- 1.05.3 Late swimmers pursuant to Clause 1.05.2 will not be seeded to their entry time.

**1.06 POINT SCORE**

- 1.06.1 The point score will operate from the first meet in October. No points will be awarded for the Championship events.
- 1.06.2 Separate Point Scores are to be maintained for Freestyle, Breaststroke, Backstroke, Butterfly and Individual Medley, and Long Distance Events.
- 1.06.3 Point Score Groups and Categories
  - (a) Main - CATEGORY A  
  
25/50/100m Freestyle/Breaststroke/Backstroke/Butterfly/100m/200m Individual Medley
  - (b) Long Distance - CATEGORY B  
  
200/400 Freestyle; 200m Breaststroke/Backstroke/Butterfly;  
800 Freestyle(No points are awarded for the 800M Freestyle)

**CATEGORY A**

- 7 Years and under
- 8 - 9 Years
- 10-11 Years
- 12-13 Years
- 14-16 Years
- 17 Years and over
- Parents

**CATEGORY B**

OPEN

POINT SCORE = Freestyle/Breaststroke/Butterfly/Backstroke

- 1.06.4 Age for the point score is taken at 1<sup>st</sup> March.
- 1.06.5 A swimmers "best time" means the best time swum over the last **10 MEETS** in a particular stroke at Club meets.
- 1.06.6 Points are awarded to all swimmers and are calculated against their best times for that stroke. Points are not awarded for first, second or third placings.

**1.06.7 POINT SCORE**

**Performance points**

Time slower than best time by more than 5 seconds	0
Time between 1 .01 and 5 seconds outside best time	1
Time between best time and 1 second outside best time	2
Time between 0.01 and 1 second better than best time	3
Time between 1.01 and 2 seconds better than best time	4
Time more than 2 seconds better than best time	5

In addition, swimmers will receive 1 point for swimming in an event).

Swimmers that are disqualified for a rule infraction will only receive the competed point (ie. no performance points).

Swimmers who do not have a "best time" (ie. this is their first swim) will earn only 1 competed point.

Late entries will be processed as though they have no "best time" and thus will get only 1 point.

**1.07 RECORDS**

- 1.07.1 A record is the establishment of a performance which equals or eclipses the previous best on record.
- 1.07.2 The Club shall recognise a record of the Club by issuing a certificate signed by the Secretary, provided that it has been established in accordance with these Rules.
- 1.07.3 First and second claim members of the Ku-ring-gai ASC can claim to have established a Club record.
- 1.07.4 Club records can only be established at long course meets during:
  - 1.07.4.1 A Club meet;
  - 1.07.4.2 A Club Championship Event (open and age events) and at the Club Invitation Carnival;
  - 1.07.4.3 A meet sanctioned by Swimming NSW Ltd (SNSW) or Swimming Australia Ltd (SAL).
- 1.07.5 A swimmer wishing to establish a Club record in accordance with 1.07.4.1 must make prior application to the Secretary or Meet Director one week prior to the meet to ensure the requirements as stipulated by SNSW in relation to officials are met. The swimmer's best time for event must be within 2 seconds of the record time.
- 1.07.6 A swimmer claiming to have established a Club record in accordance with 1.07.4.3 must be competing (and listed as competing in the official results) as a Ku-ring-gai competitor or a competitor for the Club for which they are a first claim member.
- 1.07.7 Irrespective of where a record is set, each record must be first approved by the Management Committee prior to the achievement being officially recorded and advertised by the Club.
- 1.07.8 Records can only be recorded in Categories that are listed by the Club from time to time
- 1.07.9 Swimmers claiming a record established at a meet in accordance with 1.07.4.1 to 1.07.4.3 must complete the attached Application for Record Form and forward the form to the Secretary, along with the official results of the event within 21 days of the meet being conducted (Annexure A).

**1.08 TIME TRIALS**

- 1.08.1 Swimmers wishing to swim a qualifying time for a meet external to the Club in a programmed club event, must notify the Meet Director and the Referee prior to commencement of the Club Meet who will endeavour to ensure sufficient timekeepers are available for that lane.

**1.09 VISITORS**

- 1.09.1 Visitors from other clubs are welcome to swim in Club meets (except Championships) provided they are current registered members with Swimming New South Wales Limited.
- 1.09.2 Other visitors require the approval of the Meet Director before they are permitted to compete in Club events

**1.10 CHAMPIONSHIPS**

- 1.10.1 Age Championships together with Senior Championships are held in March.
- 1.10.2 Open Championships are held during Club Races through January, February and March.
- 1.10.3 Age qualification for Championships for the Club is to be taken as the age on the first day of March.
- 1.10.4 Eligibility to compete in any Club Championship event requires that the swimmer be a financial member and compete in at least six (6) Club meets prior to the event, provided that the number of swims may be reduced to 5 if a particular meet within six weeks of the start of the championships be abandoned or cancelled because of fire, storm and tempest or pool closure. However, if a club member has competed in Metropolitan, State or Metro North East championships and does not have sufficient meets to qualify for Club Open Championships two of these swims may be added to make up the six swims for Open Championships only.
- 1.10.5 Medals are given for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> in each event for first claim Ku-ring-gai members and a special medal may be given to any second claim member being placed 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup>. The first claim Ku-ring-gai swimmer is always placed 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup>.
- 1.10.6 A first claim member of the Ku-ring-gai Amateur Swimming Club Incorporated is a swimmer who makes themselves available to represent the Club in Area Championships.

- 1.10.7 All championships will be swum as timed finals.
- 1.10.8 Swimmers 7 yrs and under who have recorded times for 25m freestyle in faster than 25 seconds or swimmers who complete 50m in less than 57.14 seconds will automatically be entered in the 7 year 50m championship event.

**1.11 INVITATION CARNIVAL**

- 1.11.1 The carnival shall be conducted under Swimming N.S.W. Ltd Rules.
- 1.11.2 Age of an entrant is deemed to be age at date of Meet.
- 1.11.3 The Race Committee shall recommend to the Management Committee:
  - (a) Entry fee per club;
  - (b) Point score;
  - (c) Invited Clubs;
  - (d) Programme of Events.
- 1.11.4 Swimmers may swim up one age group in Freestyle and Formstroke events, but Senior events are for seniors only (i.e. 17 years and over). This condition does not apply to relay events.
- 1.11.5 Each Club represented will be allocated one lane for the Carnival.
- 1.11.6 All swimmers must be fully registered with Swimming N.S.W. Ltd by closing date of Meet nominations.
- 1.11.7 A swimmer may swim for one Club only in the Carnival.
- 1.11.8 In the event of more than one Club sharing first place at the end of the Carnival the winner shall be deemed to be the Club who scored the most first placings in individual events.
- 1.11.9 If the Carnival is still drawn the winner shall be deemed to be the Club which scores the most first placings in overall events, including relays.
- 1.11.10 If a winner is unable to be determined, the Carnival is said to be drawn and the trophy equally shared over a nominated time.

**1.12 MISCELLANEOUS**

- 1.12.1 In all Club events, other than Championships, men and women may compete together.
- 1.12.2 All protests must be made to the Referee not later than 30 minutes after the conclusion of the event. When the reason for a protest is known before the event the protest shall be lodged before the signal to start is given.
- 1.12.3 Swimmers entering Metro North East Championships are to consult with the Race Secretary regarding qualifying times. In the event of a swimmer unable to swim after relay selection, the Race Secretary is to be notified immediately.
- 1.12.4 The Club shall bear the expense of relay entry fees of members selected to represent the club at Metro North East Carnivals and State Club Relays.
- 1.12.5 All Meets must be swum at the time and place advertised, except where:
- (a) The Referee and Meet Director have had to stop further events due to the weather or as a result of unforeseen circumstances.
  - (b) The President and Meet Director have had to stop the Meet prior to any races being swum due to the weather or as a result of unforeseen circumstances.
  - (c) The Pool Manager has closed the pool due to:
    - (i) the weather;
    - (ii) unforeseen circumstances.
- 1.12.6 In the event of 1.12.5(a), the Meet shall be re-swum on the last day of swimming. The programme of events will commence at the point where the Carnival was postponed. Points shall be awarded. Any subsequent Meet(s) postponed pursuant to 1.12.5(a) shall not be re-swum unless a championship event or series of events if programmed in that Meet. In this case, the Championship event(s) only shall be re-swum at a date to be decided by the Management Committee.
- 1.12.7 In the event of 1.12.5(b) and 1.12.5(c)(i), the Meet is deemed to have been cancelled and shall not be re-swum. A Championship event or series of events however, shall be re-swum at a date decided by the Management Committee. The number of swims required to qualify for Club Championships (refer 1.10.4) will be reduced by the number of meets cancelled. For example, if two meets are cancelled, the number of swims required to qualify for championships will be 4, i.e.6 minus 2.

- 1.12.8 In the event of 1.12.5(c)(ii), and where such circumstances inhibit the running of Meets for some time (i.e. Weeks or months), the Committee shall decide on what suitable alternative pools are available. The Race Secretary may have to recommend to the Management Committee. Certain changes to the programmed if the time granted to run the Meets(s) is shortened.
- 1.12.9 Perpetual trophies cannot be won outright by any swimmer. All perpetual trophies shall be returned to the Secretary before 1st March each year, or upon demand by the Secretary or an order from the Management Committee.
- 1.12.10 All trophies must be returned in good condition. The holders of trophies shall be held responsible for the same whilst in their possession and shall be liable for full replacement value of the trophies damaged or lost whilst in their possession.
- 1.12.11 The programme, Rules and allocation of points having been decided shall remain in force for the duration of the current season (except in the event of 1.12.8 above).
- 1.12.12 Should a member violate any provisions of any rule of the Club, he/she shall be called upon to say why he/she should not be dealt with by the Committee under Part 4 of the Club's Constitution.
- 1.12.13 In the event of anything occurring within the scope of these Rules, the Committee shall deal with it at its discretion subject to the Constitution of Swimming N.S.W. Ltd
- 1.12.14 All events shall be conducted under the Rules of Swimming N.S.W. Ltd.

### **1.13 PARENT CHILD – HANDICAP RELAY**

One parent and one child of the same family may enter, however a parent may swim with another child of that same family in another drawn heat.

**THE RACE:** A time is entered on the entry sheet and the time swum must be not more than 4 seconds faster than the nominated time in order to proceed from the heat to the semi-final. During subsequent semi finals and finals your previous time swum will be the new nominated time and must be swum not more than 4 seconds faster of this adjusted time.

### **1.14 QUALIFYING TIMES**

- 1.14.1 Qualifying times for individual events are set by the Club from time to time and are listed at Annexure B.
- 1.14.2 If a swimmer has swum 25m in a time of less than 25 seconds, they are required to swim the 50m distance for the remainder of the Season.

**ANNEXURE A**  
**APPLICATION FOR CLUB RECORD**

**PLEASE PRINT**

**NOTE:** This application must be completed and forwarded to the Secretary within 21 days of the meet in which the new record was achieved. You **MUST** attach the official results of the Meet to this Form.

Application is hereby made for the recognition of performance by:

-----  
Surname                      Given Name                      DOB

Meet Name: -----

Date: ----- Venue: -----

Event Record Claimed: -----  
(ie 9 yrs Girls 50 Fly)

Time: Achieved ----- Old Record Time: -----

Signed Parent: -----

Signed Secretary KASC: ----- Date: -----

Date Submitted to Committee for Approval: -----

Please Circle:                      Supported                      Not Supported

List reasons for "Not Supported" -----

**ANNEXURE B****QUALIFYING TIMES**

Swimmers intending to enter long distance events must obtain a qualifying time, which can be obtained by swimming a shorter event:

<b>STROKE</b>	<b>QUALIFYING TIME</b>
100M Freestyle	50 seconds over 50M
100M Backstroke	55 seconds over 50M
100M Butterfly	55 seconds over 50M
100M Breaststroke	60 seconds over 50 M
200M Individual Medley	2 minutes over 100M
400M Women's Open Freestyle	5.40.00
400M Men's Open Freestyle	5.20.00
200M Women's Open Freestyle	2.40.00
200M Men's Open Freestyle	2.25.00
200M Women's Open Backstroke	3.10.00
200M Men's Open Backstroke	3.00.00
200M Women's Open Breaststroke	3.40.00
200M Men's Open Breaststroke	3.30.00
200M Women's Open Butterfly	3.00.00
200M Men's Open Butterfly	2.54.00
800M Freestyle	Will be reviewed each Season

**NOTES**