

STANDING RULES AND POLICIES
Inland Northwest Masters Swimming Committee (IWMSC)

1.0 General

The IWMSC is governed by and shall adhere to current USMS rules and policies. In addition, the IWMSC shall be administered according to rules and policies developed and approved by the Board of Managers. It is responsible for communicating those rules and policies to its member clubs/teams and ensuring within reason their adherence.

2.0 Registration

IWMSC/USMS registration year is November 1 through December 31 of the following year. There are three types of registration within the IWMSC: 1.) Club, 2.) Team, 3.) Individual

2.1 Club Registration - \$30

Clubs must be registered in order for individuals to affiliate with a club when they register as an individual with USMS. The club renewal period for the upcoming year is in October

2.2 Team Registration - \$10

Within the regional club (Hydropower Masters Swim Club – HMS) the IWMSC will recognize and administer teams/workout groups that are affiliated under that club. Individuals can choose a team within the regional club for participation on relays at meets within the IWMSC or they can choose to be unaffiliated with a team and only participate on relays with other HMS club members outside of the IWMSC (i.e. zones, nationals, postal events, meets in other LMSCs).

2.3 Individual Registration

No one will be allowed to compete in an IWMSC sanctioned event (meet, practice, clinic, etc.) without a current USMS registration card, except where noted in the USMS insurance policies in the LMSC Handbook.

Fee Schedule

Age/Status	USMS Portion	LMSC Portion	HMS/LCNM/SWAT Club Portion	Total
Under age 60	\$27	\$7	\$1	\$35
Age 60+	\$27	\$5.50	\$0	\$32.50
Couple registering together	\$27 x 2	\$2.50 x 2	\$0.50 x 2	\$60 for both
Late Year (Sept-Oct)	\$22	\$1	\$0	\$23
One Event	\$12	\$0	\$0	\$12
Transfer between LMSCs	\$1.50	\$5.50	\$0	\$7

3.0 IWMSC Club & Team Affiliation

When registering with the IWMSC, the swimmer may choose to swim for a duly registered IWMSC club and any of that club's teams/workout groups or unattached to any club or team. Points accumulated by any swimmer registered for a team will accrue to that team during the season.

3.1 Changing Club/Team Affiliation: Swimmers wishing to change team or club affiliation must notify the IWMSC Registrar in writing. Changing team affiliation will not in any way affect individual point accumulation or standing. Any change in club affiliation (either within or outside the IWMSC) must be requested using a transfer form and completing a 60-day unattached period (see USMS Rule 201.3.5).

4.0 Rules for Conduct of IWMSC Meets

All teams who wish to host an IWMSC swim meet shall conduct said meet in accordance with all USMS and IWMSC rules and policies. The hosting team will read and sign an IWMSC meet contract (see attachment 4a) and return that contract to the Meets/Sanctions Committee Chair at least 10 days prior to the first day of the meet. Each meet shall be evaluated by the meets committee (see attachments 4e f). Team revenues shall be awarded based on meet participation as explained in Section 4.3.

4.1 Individual and Team Scoring Rules: Individual and team scoring will start with the first Short Course swim meet that occurs on or after September 1 and continue up to and include the IWMSC Short Course Championship Swim Meet of the following year.

A. Individual Points: Points will be awarded to the first through sixth place swimmer in his/her age group in each event as follows:

<u>LANES IN POOL</u>	<u>4</u>	<u>5</u>	<u>6</u>	<u>7</u>	<u>8</u>	
PLACES	1st	5	6	7	8	9
	2nd	3	4	5	6	7
	3rd	2	3	4	5	6
	4th	1	2	3	4	5
	5th	-	1	2	3	4
	6th	-	-	1	2	3

A swimmer who breaks a current National, Northwest Zone or IWMSC Masters swimming record will receive individual points as follows:

National Record - 20 points
Northwest Zone - 15 points
IWMSC - 10 points

Only those times which are recorded in a manner consistent with USMS rules for official times will be considered official as far as IWMSC, Zone and National records are concerned. Specifically, only times recorded by at least two watches or electronic timing will be considered for IWMSC and NW Zone records and only times recorded by at least three watches or electronic timing will be considered for National records.

An IWMSC swimmer that sets a record while finishing behind a swimmer from another LMSC or zone (to which that record does not apply) shall receive the points for that record. If a record is not set by that swimmer, then points will be awarded by his/her placing in the event regardless of the origins of the other swimmer(s).

B. Relay Points: Points will be awarded relays for first through sixth place as follows:

<u>LANES IN POOL</u>	<u>4</u>	<u>5</u>	<u>6</u>	<u>7</u>	<u>8</u>	
PLACES	1st	10	12	14	14	18
	2nd	6	8	10	12	14
	3rd	4	6	8	10	12
	4th	2	4	6	8	10
	5th	-	2	4	6	8
	6th	-	-	2	4	6

A relay which sets a new record will be awarded points as follows:

National Record - 40 points
Northwest Zone - 30 points
IWMSC - 20

Only relays consisting of four swimmers registered to the same team shall accumulate points towards that team's standings.

4.2 Meet Entries: In order to participate in USMS and IWMSC meets either as an individual or as part of a relay, each swimmer must be USMS registered and have completed and signed a meet entry form and submitted the appropriate meet entry fee. The IWMSC meet entry fee is \$20.00 for early entries and \$25.00 for deck entries (if accepted) (beginning Jan. 1, 2009). Meet entry fees for the IWMSC and Zone Championship meets shall be determined based on the costs of the meet. Meet entries may be limited to allow completion of the meet in reasonable time. Meet entry fees are non-refundable.

- A. Fees: Checks or money orders only are acceptable for payment of meet entry fees. Entries accompanied by cash will be treated as deck entries.
- B. Deck Entries: All entries postmarked after the meet entry deadline or otherwise incomplete shall be considered deck entries and assessed an additional \$5.00 over and above the meet entry fee. Deck entrants may swim one less individual event at that meet. Deck entrants on the day(s) of the meet must pay their fees and fill out individual entry cards at the clerk-of-course table at least fifteen minutes before the start of that day's events. At the discretion of the clerk-of-course, deck entrants may be seeded in their own heat, or in the most convenient heat regardless of seed time.

4.3 Division of Meet Revenues: The host team(s) shall receive 60% of the proceeds from meet entry fees and the remaining 40% will stay with the IWMSC. (See also Section 5.4 Meet Expenses and Entry Fees)

4.4 Events: Swimmers may enter no more than the maximum number of events stipulated on the entry form. Swimmers may withdraw from events they have entered, but may not switch or enter events not previously signed up for.

4.5 Seeding

- A. Events Under 400 Y: Heats are seeded slowest to fastest without regard for sex or age of the swimmer. At least 3 swimmers should be seeded in each heat. All lanes of the fastest heat should be filled (unless there would not be enough swimmers to seed 3 in the other heat). Lanes are to be assigned as: 3,4,2,5,1,6 (fastest to slowest).
- B. Distance Events: Distance events (400 yards or more) shall be seeded fast to slow at the discretion of the meet director.

At the discretion of the meet director, a 2 swimmer per lane option may be provided for those swimmers who wish it. Swimmers choosing to swim 2 per lane shall be seeded in the first heats. In order to have valid times, however, there must be at least two timers per swimmer.

The meet director may seed the 2 slowest swimmers in that event in the outside lanes of the first heat, and subsequent heats with the two slowest swimmers in the outside lanes continuing to run the faster heats in the remaining inside lanes until they have finished. This seeding of swimmers shall be at the discretion of the meet director.

Depending on the size of the meet, the meet director will have the option of swimming some heats of the 400/500 free during the 1500/1650 event for those swimmers desiring to do so.

If the distance event is the first event of the day, there shall be a break of no more than one-half hour after the last heat to allow other swimmers to warm up for the following events, unless a separate warm-up facility is available.

4.6 Cancellation of Meets: Any meet can be canceled due to bad weather no later than 12:00 noon the first day of the meet. A phone number will be provided on the entry form for swimmers to contact during questionable weather. The decision to cancel shall be made by the Meet Director and at least one representative of the IWMSC meets committee. If the meet is canceled, but the local group is still able to host it, then all swimmers present may still compete, but no points shall be allowed.

4.7 Awards

- A. Meet Awards: Each team that hosts a meet must supply ribbons or awards thru at least third place. There will be no awards for relays.
- B. IWMSC High Point Awards: Short course season high point recognitions shall be awarded at the IWMSC Short Course Championship meet for first place individuals (male and female).

5.0 Financial Policies

- 5.1 Fund Allocations:** Requests for fund allocations for the next fiscal year should be submitted to the Finance Committee prior to the end of the current fiscal year so that they can be included in the budget process.
- 5.2 Reimbursements:** Receipts for LMSC expenses greater than \$200 must be received within three (3) months of expenditure by the Treasurer prior to issuing reimbursement for those expenses. Reimbursements for out of pocket expenses may be subject to payment on a funds available basis. Prior arrangements for the IWMS to meet these obligations should be made with the Treasurer and may require Finance Committee or Board approval.
- 5.3 Disbursements:** Disbursements will be made on accounts payable in the order that the bills are received consistent with the availability of funds.
- 5.4 Meet Expenses and Entry Fees:** Payment to the hosting team will be made within 10 days of the last day of the meet. Payment arrangements not specified in the meet contract must be approved by the board. Meet entry fees should be deposited within 2 days of the meet.
- 5.5 Registration Fees:** Annual registration fees shall be deposited during the month received. The Treasurer shall make payment of the required fees to USMS by the 10th of each month.
- 5.6 Committee Expenses:** Each committee will keep track of expenses incurred during the year and submit projected said expenses, in perspective of incurred expenses for the past year, to the finance committee for approval by May 1.
- 5.7 Fiscal Year:** The fiscal year of the IWMS shall correspond to the IWMS membership year.
- 5.8 Financial Report:** The Treasurer shall keep a record of all LMSC revenues and disbursements. He/she will submit a brief financial report at each Board of Managers Meeting. Each report shall include the following: a. A balance sheet including all revenues, credits and payments since the last board meeting; b. The most recent bank statement to confirm the current account balance and c. An itemized list of bills paid since the last meeting.

6.0 Selection of Delegates for the annual meeting of the USMS House of Delegates (Convention)

Philosophy: the IWMS Board of Managers encourages members to become involved in USMS at the national level and to represent IWMS at Convention. The goal of IWMS is to maximize the LMSC's representation at Convention. Attendance by non-voting members will be considered on an individual basis based on merit and the annual IWMS budget.

- 6.1 Qualifications for IWMS Delegate Status:** current member of USMS and IWMS; actively involved in IWMS during the year prior to Convention, including being a member of the IWMS Board of Managers and attendance at meetings; active participation on a registered IWMS team; evidence of leadership within USMS and or IWMS; and ability to represent a broad base of IWMS interests.
- 6.2 Positions Considered Eligible for Expense Reimbursement:** all official IWMS delegates as determined by membership numbers; all USMS appointed Delegates-at-Large; all persons with delegate status as a result of his/her position within USMS, e.g. members of Rules, Legislation, or Long Distance Committees; all USMS Ad Hoc Committee Chairs; Northwest Zone Representative if a member of IWMS; and, other voting or non-voting IWMS members may petition the IWMS Board or Managers for full or partial reimbursement.
- 6.3 Delegate Application Procedures:** USMS Executive Committee Members; USMS Board of Director Members; and Rules, Legislation, and Long Distance Committee members are automatically appointed delegates by USMS. Anyone intending to apply for USMS Delegate-at-Large status must inform the IWMS Secretary in writing (a hard copy or electronic copy of the USMS Application will be sufficient). Nominations for IWMS Delegates will be made at the IWMS general membership meeting held annually at the IWMS Short Course Yards Championship Meet. Each person wanting to be considered for IWMS Delegate status and/or for IWMS reimbursement must indicate this desire in writing (email is sufficient) to the IWMS Chair prior to the IWMS general membership meeting. The IWMS Board of Managers will vote on each of the nominated delegates, and those requesting reimbursement of expenses. In case of a tie, subsequent votes will be taken until the slate of delegates is filled.

- 6.4 Expenses Eligible for Reimbursement:** Convention Registration Fee; roundtrip transportation expenses, not to exceed a reasonable amount as approved by the IWMSC Board of Managers; ground transportation from the airport to the Convention Hotel; and hotel room charges based on double occupancy, not to exceed a reasonable amount as approved by the IWMSC Board of Managers.
- 6.5 Amount of Reimbursement:** reimbursement shall be up to 100 percent of the eligible expenses less full or partial reimbursement paid by USMS or the Northwest Zone as approved by the IWMSC Board of Managers.
- 6.6 Expense Reimbursement Procedures:** expense reimbursements for IWMSC Board of Manager approved delegates attending Convention shall be made upon the conclusion of Convention, and receipt of any IWMSC Board of Manager imposed requirements, and as outlined in Section 5.2 Reimbursements.