

NWSC 2006 Rule Changes

GENERAL RULES:

- The jewelry rule is not enforced in NWSC, Inc. Swimming & Diving Rules.
- Logo rule: a swimmer or diver must wear his/her team logo only. Penalty: DQ.
- Two Speedo logos on a bathing cap are permitted. All logos can be no larger than 2¼ inches. The American Flag is not to be considered a logo, therefore is allowed.
- The Referee has the authority to stop or suspend competition whenever the elements require. (with concurrence from the pool director)
- 15 meter mark is not used in NWSC, Inc. swimming rules.
- No recall procedure: each swimmer is allowed two false starts.
- Bathing suits shall be either one or two pieces. (Bathing suits must cover the buttocks and the breast). Penalty: DQ from the event and if the referee decides the swimmer is unsportsmanlike, the swimmer shall be barred from further competition.
- NWSC, Inc. will not use whistle starts for events (the 4 “get ready” whistles and the “step up” whistle commands). The official shall announce each event.

RELAYS:

- 1st swimmer no longer has to be designated, however four (4) names; first and last shall be listed. Penalty: DQ

INDIVIDUAL EVENTS:

- Backstroke – toes can be out of the water but not in the gutter at anytime. Penalty: DQ
- Breaststroke – one dolphin kick is allowed in NWSC, Inc. swimming.

DIVING:

- A diver is DQ'd and shall perform no further dives if he/she fails two dives.
- A diver shall make a sincere attempt to perform each dive. Penalty: DQ from the competition.

CONDUCT:

- No team personnel shall act in an unsportsmanlike manner. This includes any act the Referee deems unsportsmanlike, including but not limited to the following: making insulting or derogatory remarks; cursing, gestures or acts including taunting; trying to influence or showing disgust with the official's decision; interfering with meet officials in performance of their duties. Penalty: DQ from further competition.