

NORTHERN ILLINOIS SWIM CONFERENCE

RULES AND BYLAWS

UPDATED 1.10.2025

GENERAL LEAGUE INFORMATION:

The league will operate year-round. Conference teams will have the option to compete year-round or seasonally. New teams or existing teams looking to join a season must petition to join based on the open enrollment time frame.

Fall/Winter – September to March (Open Enrollment to Join: April-July)

Divisions: WA | WB (W= Winter)

WA: Arlington Heights, Buffalo Grove, Des Plaines, McHenry, Mt. Prospect

WB: Bolingbrook, Carol Stream, Elk Grove, Oak Brook, Schaumburg, Vernon Hills

*Divisions Based on Team Location & Conference Championship Results

Summer – May to July (Open Enrollment to Join: August-January)

Divisions: SA | SB | SC | SD (S= Summer)

SA: Arlington Heights, Buffalo Grove, Des Plaines, Lincolnwood, Mt. Prospect, Park Ridge

SB: Bolingbrook, Libertyville, McHenry, Norridge, River Trails, Vernon Hills

SC: Antioch, Hawthorn Woods, Prospect Heights, Schaumburg

SD: Elk Grove, Franklin Park, Lake Bluff, Oak Brook, Rolling Meadows

*Divisions Based on Team Size & Conference Championship Results

League Fees:

Fall/Winter: \$550 - Charged September/October

Summer: \$400 - Charged May/Jun

Year-Round Teams: \$750 – Charged September/October (Cover both seasons)

PURPOSE:

The purpose of the Northern Illinois Swim Conference is to provide a nurturing and efficient swim league for local agencies that provides wholesome, constructive, and enjoyable recreational swim meet experiences for local area youth.

To meet this purpose the Conference has identified the following to be major components of its organization:

- The Conference will be designed to promote positive learning experiences that enhance the quality of life.
- The Conference will emphasize fun, developing new skills, and good sportsmanship.
- The Conference will be conducted with the utmost safety of the participants and spectators in mind.
- The Conference will be designed to promote positive self-esteem and self-confidence of the athletes.

PHILOSOPHY:

The Northern Illinois Swim Conference is a recreational swim conference for youth through 18 years of age. The emphasis of the Conference is placed on learning competitive skills, putting the athletes first, and building a lifelong love of swimming. The Conference focuses on dual meets that are strictly for experience purposes. The sport of swimming involves competition either as a team or on an individual level. ***It is the desire of the Conference to keep the intensity of the competition at a recreational level, which stresses fun, learning, and the concept that everyone swims.***

The Conference recognizes that competition in and of itself is a part of life and if placed in the proper perspective something that an individual learns from. Competition as viewed by the Conference will encourage the participants to strive to be the best version of themselves. ***Winning and losing will be de-emphasized whenever possible, with the emphasis placed on participation, learning and enjoyment while serving the greatest number of participants possible.***

ORGANIZATION RULES:

- a. An Administrative Council made up from the administrators or designated representatives of each member agency shall govern the Conference.
- b. The Administrative Council shall meet three times a year on the last Wednesday in August, second Wednesday in January, and the third Wednesday in April, respectively. The representatives of each agency shall be notified by e-mail as to the time and location of conference meetings at least two weeks in advance.
- c. A coaches meeting will take place in May/June for Summer & August/September for Fall/Winter;
- d. The Administrative Council shall elect three officers: the Council Chairperson, the Treasurer, and the Secretary. Each year one Board position will be reviewed at the beginning of the August administrative meeting. Starting in 2014 with the office of the Chairperson, then the following year with the office of Treasurer, and then with the Secretary.
- e. All interested parties must submit their nominations one month prior to the August meeting, with background information, to the Current Chairperson.
- f. If you wish to maintain your current position you must submit a request.
- g. It will be the responsibility of the Secretary to remind the Conference when an office term is up for re-election.
- h. The office of the Division Record Keepers and its' responsibilities will fall to the hosting team of the Divisional Championship meet for the current season.
- i. The three elected officers will have the responsibility of conducting the business of the Conference. Individual responsibilities include but are not limited to the following:

Council Chairperson

- Decides division alignments
- Rules on petitions for out-of-district swimmers
- Rules on protests for illegal entries and other violations
- Handles conference correspondence
- Creates Summer meet schedule & enters master Fall/Winter schedule into shared file

Treasurer

- Orders awards for the Conference championship meets
- Places one conference ribbon order in April/May for any team needing ribbons & invoices teams accordingly
- Invoices all member teams by October 1st for Fall/Winter season & June 1st for Summer season
- Assumes the duties of the Council Chairperson in the event they are unable to perform said duties
- Assesses fines to teams that are in violation of bylaws or conference guidelines

Secretary

- Maintains minutes of meetings
- Informs member agencies of times and locations of meetings
- Sends conference documents to all active agencies including meet schedules, directories, meeting agenda, and conference reminders
- Moderates yearly election of new officers
- Assumes the duties of the Treasurer in the event they are unable to perform said duties

Division Record Keepers/Divisional Championship Meet Host Team

- Keeps all meet results for all dual meets
- Verifies all requirements for swimmers eligible for Conference Championships

- Verifies, and keeps all Conference Championships results
- Send divisional Top Times, 24 hours prior to the Divisional lineup due date.
- Email Divisional Meet Program 48 Hours prior to Divisional Meet

Official Trainer (Volunteer)

- Organizes a training date and communicates with each Division
- Keeps Conference updated on swimming rule changes
- Maintains records of trained officials

- j. If the Council Chairperson resigns before the end of his or her term, the Treasurer will assume the position of Council Chairperson immediately. In the event of a vacancy in the Secretary position before the end of his or her term, a new Secretary will be elected at the next meeting. In the event both the Council Chairperson and the Treasurer resign, an electronic vote will be held to elect new officers. Exiting officers shall nominate their successors.
- k. Each Agency shall designate a representative to the Administrative Council prior to the fall meeting. Only the administrator or designated representative from each member agency will be permitted to vote on rule changes and Conference business. An agency administrator or designated representative may vote by proxy only if the proxy is received in writing by the Council Chairperson prior to the vote.
 1. Only an Administrative Council representative or the Head Coach from each team shall bring questions, concerns, or disputes to the Chairperson. If in a situation where this is not possible, written communication must be provided by the team's Administrator to the Chairperson prior to a discussion occurring by a second party.
- l. Host site for Divisional Championships will be determined at the Fall meeting for Fall/Winter and in January for the Summer season. If there are no volunteers to host the championship meet from a particular division, the host will be determined by lottery of the teams in that division. Teams, which have hosted a championship meet during the previous season will be exempt from the lottery. The host site must be a 25-yard or 25-meter pool with at least as many lanes as number of teams in the division, up to 6 lanes and legal starting blocks in accordance with current IHSA rules and regulations unless grandfathered in.
- m. Any changes to the Conference Rules and Bylaws shall be proposed and voted on at the fall and spring meetings.
 1. If the administrative council (Council Chairperson, Treasurer, Secretary) deems it necessary, an electronic vote may be conducted for any mid-season bylaw modifications or additions.
- n. Any mid-season by-law violations will be brought to the chairperson who will submit an electronic vote to all conference members. All members must vote within 24 hours otherwise their vote will be considered abstained. A majority of votes cast will determine outcome.
- o. A quorum of all member agencies must be present or must submit proxies to hold a meeting. A quorum exists when at least 51% of the NIWSC member agencies are represented in person or by proxy at the meeting. If a meeting is canceled due to a lack of a quorum, the Council Chairperson is responsible for setting the date of a new meeting within three weeks of the original date.
- p. A \$50.00 fine will be assessed to those teams who do not attend, either by physical presence or by proxy, any administrative meeting. The second missed meeting in a calendar season will result in a \$150 fine. And a third missed meeting in a calendar season will result in a \$200 fine. The penalty will be added to the team registration fees. If the fines are not paid, the team will not be allowed to participate in the Conference. After the third missed meeting, the board will re-evaluate each team's history. The delinquent team will have 30 days to pay the fines or grieve the decision in writing. One the petition is received by the board, it will be reviewed and a decisions will be made based on the review.

- q. New teams wishing to enter the Conference must submit a letter of intention to compete to Council Chairperson inside of open enrollment period listed on Page 1 of the bylaws to be considered for the coming season. Letter of Intention to compete must include the following information: recruiting boundaries for the team, team size, host pool information (i.e. number of blocks, depths, number of lanes), and contact information for team. New teams may only be added to the Conference by three-fourths vote of all member agencies present or represented by proxy at the last meeting prior to the season starting that the team is proposing to join.

FINANCIAL RULES:

- a. The Treasurer will submit a written budget at the Fall and Spring meeting detailing proposed expenses for the upcoming season. The budget must be accepted by a simple majority vote of all member agencies present or represented by proxy at the meeting.
- b. All purchases shall require at least two price quotes. The Treasurer will be responsible for maintaining a record of price quotes and accepted bids.
- c. Team registration fees are based on the budget accepted at the Fall meeting. All team registration fees and fines for the upcoming season must be paid by each member agency 30 days after receiving their invoice for the season. Year-round teams will be invoiced once for the entire year at the start of Fall/Winter season. An additional \$50 fine will be assessed for fees not received by the due date. After 30 days past the due date, a \$100 fine will be assessed on top of the \$50 late fine for fees being past due.
 - 1. Registration fee deadline may be adjusted for individual teams at the discretion of the Treasurer.
- d. The two officials, Chairperson or Treasurer, shall have power to make purchases for the conference. Each position will be added to the Conference Bank Account
- e. The Conference shall maintain a minimum of a \$2500 bank balance from season to season.
- f. The Conference shall pay expenses at the time of purchase. Championship awards will be ordered by the Treasurer and paid for by the Conference and distributed prior to the Championship Meets. The Conference shall be responsible for placing a Spring annual ribbon order of dual meet ribbons based on request from member agencies. The Treasurer will be responsible for distributing and billing the member agencies.
- g. The Conference shall purchase supplies for only one season at a time.
- h. Member agencies that host a Championship meet shall be paid a stipend of \$750 to help cover the cost of expenses. These expenses include providing at least two IHSA officials, and coaches' hospitality. This stipend shall be paid only when results from the Championship meet and extra medals/ribbons returned to the Conference Chairperson.
- i. Each member agency serving on the board shall be paid a \$300 stipend for the current season. This stipend will be paid at the Fall meeting to member's agency.
- j. No member agency or individual may incur debt or make payments in the name of the Conference. Expenses for the Conference may only be paid by the Conference checking account.
- k. If a team selects to drop out of the Conference, the registration fee will be forfeited.
- l. Teams wishing to suspend their membership may do so for one season by a majority vote. For Fall, teams must petition to be removed for one season at the Spring meeting to avoid paying annual dues. For Summer, teams must petition to be removed for one season at the Fall meeting to avoid paying annual dues. Suspension for more than one season will require teams to petition the conference.

- m. Teams, in good standing with the Conference, must petition the Conference when their host meet facility and recruiting boundaries change. New host facilities must be 25 yards or 25 meters with at least 6 lanes. New recruiting boundaries must not encroach on existing teams. Changes to an existing team will be accepted with a three-fourths vote of all member agencies present or represented by proxy at either the spring or fall meeting.

CONDUCT OF COMPETITION:

- a. The Conference shall be divided into divisions as necessary to assure fair and equitable competition between member agencies. The Conference will try to maintain an equal number of teams in each division.
- b. Competition shall be divided into five age groups: 8 & under, 9-10 years, 11-12 years, 13-14 years, and 15-18 years.
- c. Fall/Winter dual meets will be schedule at the Fall meeting at the discretion of the division teams. A team must swim against everyone in their division at least once during the Fall/Winter season. The Fall/Winter Divisional Championship meet shall take place the first weekend of March. Summer dual meets will be held on Wednesdays during the five weeks leading up to the Divisional Championship meet. The Summer Divisional Championship meet will take place on the fourth Wednesday of July.
- d. Championship host locations will be determined at our annual admin meetings while all teams are present.
 - 1. Fall/Winter will be determined at August meeting. If no one steps up, we will pull host location at the meeting. An all-conference host location will be determined at this meeting as well. If no one steps up, we will not have an all-conference meet for that season.
 - 2. Summer will be determined at the January meeting. If no one steps up, we will pull host location at the meeting.
- e. Inter-agency meets shall be rescheduled due to weather conditions only by mutual consent of all involved teams. Teams forfeiting within 48 hours of the start of the competition will be assessed a \$50.00 fine by the Conference (exception: severe weather threats to local area that would put safety of coaches and athletes at risk).
- f. Except where specifically noted as different, all Conference competition shall be conducted according to the most current rules of the Illinois High School Association swimming rulebook.
- g. During all Conference competition, a swimmer may enter a maximum of three individual events and one relay or two individual events and two relays.
- h. A swimmer may compete in an older age group but may not swim the same event in two different age groups. A swimmer may not compete in a lower age group. A swimmer may not compete in an age group more than two age groups above theirs. The 500 is an open category but swimmers must have an entry time of 10 minutes or under.
- i. A swimmer's age group shall be determined by their age at 11:59 PM on December 1 for the Fall/Winter season & June 15 for the Summer season. For example: a swimmer is 10 and will turn 11 on December 2nd may swim in the 9-10 age group through the entirety of the winter season, but they would swim as an 11 year for the summer season.
- j. The Administrative Council shall have power to rule on all protests. Any protest must be submitted to the Council Chairperson within twenty-four hours of the end of the meet to be considered.
- k. The host team of any competition shall be responsible for procuring two licensed officials necessary to conduct the meet. Licensed officials must be certified by the IHSA or NISC. Visiting teams shall be prepared to provide at least four timers for each meet.

- l. No fly over starts will be allowed in competition.
- m. When there are physical restraints at the hosting facility, the coaches from all teams in a competition may agree upon changes in the order and distances of the events.
- n. Host teams shall not charge admission for any regular season competition.
 - 1. Teams hosting the Divisional Championship Meet may charge admission of no more than \$5.00 per adult. Children under 5 will be admitted at no charge.
- o. As specified in the Illinois Swimming Pool and Bathing Beach Code, Section 820.300 Personnel, 4) A): At all Conference competitions, the host team shall provide a certified lifeguard to directly supervise the in-water activities. The lifeguard must be in the lifeguard chair and have no other responsibilities.
- p. Teams that are currently in the Conference must host inter-agency meets in order to maintain their standing in the Conference.
- q. All divisions will use an 82-event format. See Appendix A for the order of events. A valid dual meet consists of at least fifty percent of the order of events scheduled.
- r. Host teams will present a hard-copy of the final results and an electronic copy to the visiting teams at the end of the meet. *The electronic copy must be submitted to the visiting team and the Division Record Keeper within 72 hours of the conclusion of the meet.* If it is an inter-division meet both Division Record Keepers must receive the results.
- s. Each lane will have at least two timers with hand-held watch. All hand-held watch times must be documented on lane/timer sheets.
- t. Unless otherwise agreed upon prior to the start of the meet, when an automatic timing system is used and there is less than a .5 second difference between the timing system and the hand-held watches, the timing system time will be the official finish time. When there is at least .5 seconds difference between the automatic timing system and the hand-held watch times, the official time will be determined from the hand-held watches: times are averaged. For example: If two watches read 1:01.22 and 1:02.09, they will be averaged to 1:01.66.
- u. NISC will not enforce the 2-logo NFHS cap rule.
- v. Body-writing is not allowed at any NISC inter-agency competition. Events, however, can be written on each swimmer's body.
- w. All swim team apparel and equipment containing logos or advertisements other than team name must be required to have 1) sportsmanlike content 2) youth appropriate subject matter.
- x. Meet Manager software is required for all teams. Any new team entering conference will have one year from acceptance to acquire Meet Manager software. As of September 19, 2007, all existing teams must have and actively use Meet Manager.
- y. Teams in the NISC will use the NISC Disqualification Sheets at all interagency competitions. See APPENDIX A

CONDUCT OF COMPETITION – DUAL MEETS:

- a. The Conference is a 25-yard or 25-meter course with at least 6 lanes, unless a facility has been grandfathered in by the Conference to host dual meets.
- b. Teams must compete with each team in the respective division during the season. Teams must compete in a total of 5 dual or tri meets each season.

- c. Visiting teams must provide an electronic line-up at least 72 hours before meet or as determined by the host team. Electronic format is defined as a Meet Manager Export file, using the Entries for Meet Manager Merge of Same Meet option, including heat and lane assignments. Team Manager Files are not acceptable electronic file formats. The roster must include first and last name, gender, and birth dates for all swimmers. A \$50.00 fine will be assessed to teams failing to submit lineups at least 72 hours before meet unless prior communication is made with the other team's coach. Second time offenders will be assessed a \$100 fine and will be placed on immediate probation.
- d. Each team may enter three individuals or three relays in each event. If a team enters three relays one must be marked exhibition in the meet file.
 - 1. Exhibition swims may be added without permission if these additions do not alter the number of heats in the meet.
 - 2. Additional heats may be added as exhibition, when agreed upon by all participating teams prior to the lineup deadline. It is up to the host team to determine the number of exhibitions and heats allowed per event. Host team must communicate their expectations for exhibitions at least 1 week prior to the meet line-ups being due. Meets should not exceed 5 hours in total.
 - 3. Each team has the right to use assigned lanes as desired. However, the scoring event must be seeded with the teams alternating every other lane. The scoring race should be the first heat of every event. Adjustments may be made to accommodate combinations.
 - 4. Every reasonable attempt should be made to accommodate the needs of all teams.
- e. Coaches must designate what swimmers are swimming exhibition in the submitted meet file.
- f. Once the meet has begun, changes except scratches can be made to individual events, and relays can be adjusted when swimmers must leave unexpectedly during a meet at the discretion of the host team.
- g. A minimum of two licensed officials must be present at every competition. Officials may have either IHSA or NISC certifications. If utilizing one official, both teams must be aware and agree to one official. Officials must be identifiable in a white t-shirt/polo and all officials must attend the timers meeting.
- h. The starting time for dual meets shall be based upon the availability of the host facility and mutual consent of the teams involved. At least thirty minutes of warm-up time shall be allotted prior to the start of the meet.
- i. Whenever possible, combine events, *for a more efficient meet*. Swimmers entered events prior to the lineup deadline cannot be removed from events in order to combine events. It is the responsibility of both teams to start meets on time. Meets should not last longer than 3 to 4 hours.
- j. There shall be no intermission during regular season meets.
- k. To uphold the philosophy of the NISC, during dual competitions delays in the meet to announce the meet score or team record breakers will not be accepted.
- l. During all interagency dual competitions, events will be scored as follows:

FINISH PLACEMENT	POINTS FOR INDIVIDUAL EVENTS	POINTS FOR RELAYS
1 st	6	8
2 nd	4	4
3 rd	3	2
4 th	2	
5 th	1	
6 th	0	
*ONLY 2 RELAYS PER TEAM CAN SCORE POINTS DURING A SINGLE EVENT		

CONDUCT OF COMPETITION – DIVISIONAL CHAMPIONSHIPS:

- a. The Divisional Championships shall be held on the 1st weekend in March for Fall/Winter and the 4th Wednesday in July for Summer.
- b. Divisional standings shall be determined by the Divisional Championships only. Inter-agency competition shall not count in determining standings except in the event of a tie at the Divisional Championships. In the event of a tie, the team with the highest average points per meet during the current season will be declared the winner.
- c. Each team may enter two individuals or one relay in each event.
- d. Coaches shall be required to submit electronic Divisional Championship line-ups to the Divisional Championship host agency and the Conference Chairperson by the stated deadline provided in the host team meet packet. Electronic format is defined as a Meet Manager Export file, using the Entries for Meet Manager Merge of Same Meet option, including heat and lane assignments. The roster must include first and last name, gender, and birth dates for all swimmers.
- e. Seed times for Divisional Championships must be confirmed by any NISC meet or an inner-squad meet. All non-conference meet results used for seed times must be submitted to the Division Record Keeper for verification. No entries can be changed after the start of the meet. Relay swimmers must be declared at the scratch meeting and only if the swimmers have already been declared as alternates for the intended relay. During championship meets, all swimmers must have entry times. "NT" times will not be accepted for ALL divisions.
- f. The starting time for Divisional Championships shall be based upon the availability of the host facility and mutual consent of the teams involved. At least one hour of warm-up time shall be allotted prior to the start of the meet.
- g. During Divisional Championship Competitions if a division consists of 5 or more teams, events will be scored as follows:

FINISH PLACEMENT	POINTS FOR INDIVIDUAL EVENTS	POINTS FOR RELAYS
1 st	16	32
2 nd	13	26
3 rd	12	24
4 th	11	22
5 th	10	20
6 th	9	18
7 th	7	
8 th	5	
9 th	4	
10 th	3	
11 th	2	
12 th	1	

- h. During Divisional Championship competitions if division consist of 4 teams, events will be scored as follows:

FINISH PLACEMENT	POINTS FOR INDIVIDUAL EVENTS	POINTS FOR RELAYS
1st	7	14
2nd	5	10
3rd	4	8
4th	3	6
5th	2	4
6th	1	2

- i. NISC will not enforce the High School Rule 3, Section 2, Article 2 penalty of eliminating a competitor from further competition if they miss an event.
- j. Swimmers will receive two warnings before being disqualified from the event for failure to appear.
- k. Hosts of championship style meets may charge a maximum of \$5.00 per person over 5 years of age at their discretion and all money will remain with the host team.
- l. Results must be submitted to all teams in attendance and the Conference Chairperson within 24 hours of the completion of the meet.
- m. 500 Freestyle is required in all winter conference championship meets. For the summer conference, each divisional coaching group will vote on including or scratching the 500 from the divisional championship meet at the April admin meeting.

CONDUCT OF COMPETITION – CONFERENCE CHAMPIONSHIP:

- a. The Conference Championships shall be held on the second weekend in March.
- b. The top two individuals or top two relays in each event from the Divisional Championship meet will be invited to the Conference Championship meet, depending on the host facility.
- c. Divisional hosts shall be required to submit electronic Conference Championship line-ups to the Conference Championship host agency and the Conference Chairperson by the stated deadline.
- d. Swimmers will be notified at the Divisional Championship of their qualification for the Conference Championship. Changes and scratches for any swimmer or relays choosing not to attend must be made at that time so the next qualifying swimmer or team can be notified.
- e. Individual scratches made the day of the Conference Championship meet will result in a no swim. There will be no substitutions allowed. Relay changes may be made within each division if it does not affect the overall entry maximums.
- f. Seed times for Conference Championship entries will be the final times from the Divisional Championship meet results. All Divisional results must be sent to the Chairperson immediately following the conclusion of the Divisional Championship Meets.
- g. The starting time for Conference Championship shall be based upon the availability of the host facility and mutual consent of the teams involved. At least one hour of warm-up time shall be allotted prior to the start of the meet.
- h. During Conference Championship competitions, events will be scored as follows:

FINISH PLACEMENT	POINTS FOR INDIVIDUAL EVENTS	POINTS FOR RELAYS
1st	16	32
2nd	13	26
3rd	12	24
4th	11	22
5th	10	20
6th	9	18
7th	7	
8th	5	
9th	4	
10th	3	
11th	2	
12th	1	

- i. NIWSC will not enforce the High School Rule 3, Section 2, Article 2 penalty of eliminating a competitor from further competition if they miss an event.
- j. Swimmers will receive two warnings before being disqualified from the event for failure to appear.
- k. Host of championship style meets may charge a maximum of \$5.00 per person over 5 years of age at their discretion and all money will remain with the host team.
- l. Results must be submitted to all teams in attendance and the Conference Chairperson within 24 hours of the completion of the meet.

CHANGES IN MEET SCHEDULES:

- a. An inter-agency competition may be moved to another location for rescheduled by mutual consent of all involved coaches.
- b. An inter-agency competition may be cancelled or suspended due to adverse conditions by mutual consent of all involved coaches.
 - 1. In the event of meet cancellation or suspension, the original lineup, once submitted, becomes official meet entries for determining swimmers' eligibility for Divisional Championship participation.
 - 2. If possible, a competition that is called due to adverse conditions shall be made up on an alternate date and location agreed upon by all involved coaches.
 - 3. Any team that fails to cancel a meet more than 10 days out will be assessed a \$100 for a 1st time occurrence and a \$200 fine for any subsequent occurrences in the same season (excluding unforeseen circumstances i.e. weather, pump failure, etc.). Any disputes over cancellations will be brought before the conference board who will vote on the final decision of fines assessed.
- c. In the event of a meet forfeiture, the non-forfeiting team(s) line-ups become official meet entries for determining swimmers' eligibility for Divisional Championship participation.
- d. For divisional and conference championship meet host to be paid host fee, 50% of meet must be completed prior to canceling. If consideration is made to cancel championship meets due to weather, host team must consult NISC board members prior to officially canceling. A mutual consent to cancel must be reached by the board members, host team, and coaches representing teams present at the meet.

ELIGIBILITY RULES:

- a. A swimmer may compete on only one NISC team – unless the family moves to another community. A swimmer living in a community that doesn't have an NISC the agency may swim for the NISC agency of his or her choice.
- b. No NISC team can actively recruit swimmers within another conference team's boundaries.
- c. Girls and boys competing on any high school swim team are ineligible during their respective high school swim seasons.
- d. For Fall/Winter Season:
 - 1. Swim team members must swim in at least three interagency competitions on three separate dates during the current season to be eligible to swim in championship style meets. High school girl swimmers must swim in a minimum of two meets on two separate dates during the current season to be eligible for the championship style meets. High school boys must swim in one meet during the current season to be eligible for championship style meets. One individual event per meet is required.
- e. For Summer Season:
 - 1. When a division has 6 teams, swim team members in that division must swim in at least two interagency competitions during the current season to be eligible to swim in the Divisional Championships. Prior to the Divisional Championships, 8 and under are required to swim in at least one interagency competition. When a division has 5 or fewer teams, swim team members must swim in at least one interagency competition during the current season, prior to the Divisional Championships, to be eligible to swim in the Divisional Championships. One individual event per meet is required.

AWARDS:

- a. Dual Meet Ribbons awarded are up to each individual agency. Each agency awards ribbons to their own team after the completion of the meet.
- b. At Divisional Championships, medals shall be awarded for 1st through 3rd place for all relays and individual events.
- c. At the Conference Championship Meet, medals shall be awarded for 1st through 3rd for individuals and 1st place for relays.
- d. Plaques shall be awarded to the 1st through 2nd place teams at each Divisional Championship.

-APPENDIX-

NISC BOARD NOMINATION SCHEDULE:

Positions open for nominations each year are listed below. Applications for positions must be received prior to the August meeting.

2024 Secretary
2025 Treasurer
2026 Chairperson
2027 Secretary
2028 Treasurer
2029 Chairperson
2030 Secretary
2031 Treasurer
2032 Chairperson
2033 Secretary
2034 Treasurer
2035 Chairperson
2036 Secretary
2037 Treasurer
2038 Chairperson
2039 Secretary
2040 Treasurer
2041 Chairperson
2042 Secretary
2043 Treasurer
2044 Chairperson

Rec Meet Event List

Event #	Event Name
1	Girls 200 Free
2	Boys 200 Free
3	Girls 8 & Under 100 Medley Relay
4	Boys 8 & Under 100 Medley Relay
5	Girls 9-10 200 Medley Relay
6	Boys 9-10 200 Medley Relay
7	Girls 11-12 200 Medley Relay
8	Boys 11-12 200 Medley Relay
9	Girls 13-14 200 Medley Relay
10	Boys 13-14 200 Medley Relay
11	Girls 15-18 200 Medley Relay
12	Boys 15-18 200 Medley Relay
13	Girls 8 & Under 25 Freestyle
14	Boys 8 & Under 25 Freestyle
15	Girls 9-10 50 Freestyle
16	Boys 9-10 50 Freestyle
17	Girls 11-12 50 Freestyle
18	Boys 11-12 50 Freestyle
19	Girls 13-14 50 Freestyle
20	Boys 13-14 50 Freestyle
21	Girls 15-18 50 Freestyle
22	Boys 15-18 50 Freestyle
23	Girls 8 & Under 25 BR
24	Boys 8 & Under 25 BR
25	Girls 9-10 50 BR
26	Boys 9-10 50 BR
27	Girls 11-12 50 BR
28	Boys 11-12 50 BR
29	Girls 13-14 100 BR
30	Boys 13-14 100 BR
31	Girls 15-18 100 BR
32	Boys 15-18 100 BR
33	Girls 15-18 500 FR (*Summer Optional)
34	Boys 15-18 500 FR (*Summer Optional)
35	Girls 9-10 100 IM
36	Boys 9-10 100 IM
37	Girls 11-12 100 IM
38	Boys 11-12 100 IM
39	Girls 13-14 200 IM
40	Boys 13-14 200 IM

NISC

Event #	Event Name
41	Girls 15-18 200 IM
42	Boys 15-18 200 IM
43	Girls 8 & Under 25 BK
44	Boys 8 & Under 25 BK
45	Girls 9-10 50 BK
46	Boys 9-10 50 BK
47	Girls 11-12 50 BK
48	Boys 11-12 50 BK
49	Girls 13-14 100 BK
50	Boys 13-14 100 BK
51	Girls 15-18 100 BK
52	Boys 15-18 100 BK
53	Girls 8 & Under 50 FR
54	Boys 8 & Under 50 FR
55	Girls 9-10 100 FR
56	Boys 9-10 100 FR
57	Girls 11-12 100 FR
58	Boys 11-12 100 FR
59	Girls 13-14 100 FR
60	Boys 13-14 100 FR
61	Girls 15-18 100 FR
62	Boys 15-18 100 FR
63	Girls 8 & Under 25 FL
64	Boys 8 & Under 25 FL
65	Girls 9-10 50 FL
66	Boys 9-10 50 FL
67	Girls 11-12 50 FL
68	Boys 11-12 50 FL
69	Girls 13-14 100 FL
70	Boys 13-14 100 FL
71	Girls 15-18 100 FL
72	Boys 15-18 100 FL
73	Girls 8 & Under 100 FR Relay
74	Boys 8 & Under 100 FR Relay
75	Girls 9-10 200 FR Relay
76	Boys 9-10 200 FR Relay
77	Girls 11-12 200 FR Relay
78	Boys 11-12 200 FR Relay
79	Girls 13-14 200 FR Relay
80	Boys 13-14 200 FR Relay
81	Girls 15-18 200 FR Relay
82	Boys 15-18 200 FR Relay

Northern Illinois Swim Conference Directory & Meet Day Info:

Each Admin must fill out this form for every meeting, please put n/a if it does not apply to your team.

Directory Info:

Park District & Team Name:	
Admin Name	
Admin Work Phone	
Admin Cell Phone	
Admin Email	
Additional Agency Info: (Title & Contact Info)	Example: Director of Rec, Billy BlueFish XXX-XXX-XXX, abdc@swim.org
Coach Name	
Coach Cell #	
Coach Email	
Winter Pool Address	
Summer Pool Address	
Team Email	

Meet Day Info:

	<u>Summer Meet Day Info:</u>	<u>Winter Meet Day Info:</u>
Line-Up Deadline	*at least 72 hours before meet or as determined by the host team.	*at least 72 hours before meet or as determined by the host team.
Send MM File to		
Exhibition Policy		
500 Swim Policy	Optional per team in summer.	Normal event in winter season.
Number of Lanes		
Away Warm-Up Time		
Meet Start		
Concessions		
Heat Sheets		
Spectator Seating		
Swimmer Seating		
Parking		

Reasons for Disqualification

Event # _____ Heat # _____ Lane # _____ Team _____

☐ Other

<p style="text-align: center;">Butterfly</p> <p><input type="checkbox"/> 1A Alternating Kick</p> <p><input type="checkbox"/> 1B Kick breaststroke type</p> <p><input type="checkbox"/> 1C Scissors kick</p> <p><input type="checkbox"/> 1E Non-simultaneous arms</p> <p><input type="checkbox"/> 1F Arms underwater recovery</p> <p><input type="checkbox"/> 1J One hand touch</p> <p><input type="checkbox"/> 1K No touch</p> <p><input type="checkbox"/> 1L Non-simultaneous touch</p> <p><input type="checkbox"/> 1N Head did not break the surface by the 15</p>	<p style="text-align: center;">Breaststroke</p> <p><input type="checkbox"/> 3A Alternating Kick</p> <p><input type="checkbox"/> 3B Non-simultaneous kick</p> <p><input type="checkbox"/> 3C Downward butterfly kick</p> <p><input type="checkbox"/> 3D Scissors kick</p> <p><input type="checkbox"/> 3E Hands brought beyond the hipline during stroke</p> <p><input type="checkbox"/> 3F Non-simultaneous arms</p> <p><input type="checkbox"/> 3G Arms two strokes underwater</p> <p><input type="checkbox"/> 3H Arms not in same horizontal plane</p> <p><input type="checkbox"/> 3I Elbows recovered over water</p> <p><input type="checkbox"/> 3J One hand touch</p> <p><input type="checkbox"/> 3K No touch</p> <p><input type="checkbox"/> 3L Non-simultaneous touch</p> <p><input type="checkbox"/> 3M Shoulders not at or past vertical towards breast off the wall</p> <p><input type="checkbox"/> 3P Head under for 2 or more strokes</p> <p><input type="checkbox"/> 3Q Incomplete stroke cycle other than one pull forward followed by one kick</p>
<p style="text-align: center;">Backstroke</p> <p><input type="checkbox"/> 2I No touch at turn</p> <p><input type="checkbox"/> 2J Non-continuous turning action</p> <p><input type="checkbox"/> 2K Not on back off wall</p> <p><input type="checkbox"/> 2L Shoulders past vertical toward breast</p> <p><input type="checkbox"/> 2N Head did not break the surface by the 15</p> <p><input type="checkbox"/> 2P Toes curled over gutter after the start</p> <p><input type="checkbox"/> 2Q Did not finish on back</p> <p><input type="checkbox"/> 2U Multiple strokes past vertical on turn</p>	<p style="text-align: center;">Freestyle</p> <p><input type="checkbox"/> 4K No touch on turn</p> <p><input type="checkbox"/> 4N Head did not break the surface by the 15</p>
<p style="text-align: center;">Individual Medley</p> <p><input type="checkbox"/> 5P Strokes out of sequence</p>	
<p style="text-align: center;">Relay</p> <div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <input type="checkbox"/> Early take-off swimmer # _____ </div> <div style="width: 45%;"> <input type="checkbox"/> Stroke Infraction Swimmer # _____ </div> </div>	
<p style="text-align: center;">Miscellaneous</p> <p><input type="checkbox"/> 7O False start</p> <p><input type="checkbox"/> 7R Delay of meet</p> <p><input type="checkbox"/> 7S Entered water without permission</p> <p><input type="checkbox"/> 7T Interfered with another swimmer</p>	<p><input type="checkbox"/> 7U Walking on or springing from bottom</p> <p><input type="checkbox"/> 7W Pulling on lane line</p> <p><input type="checkbox"/> 7X Finished in wrong lane</p> <p><input type="checkbox"/> 7Y Unsportsmanlike conduct</p>

Official _____