

**CASTLE HILL R.S.L. SWIMMING CLUB RULES**  
**INCLUDING ALL AMENDMENTS TO 12<sup>th</sup> MAY 2021**

**General Rules**

1. Members of the swimming club must be members of the Castle Hill R.S.L. Club Ltd.
2. The Castle Hill R.S.L. Club Ltd. Constitution for sporting bodies is to be adhered to.
3. Membership Fees will be on an annual basis with the amount to be set by the Committee. Visitors do not pay for a swim but are not eligible for any trophies or points. Fees will be adjusted when necessary.
4. Committee meetings are to be held monthly and to be attended by the "Main Office Bearers" comprising: - President, Vice President, Secretary, Captain, Treasurer, Publicity Officer, Carnival Coordinator, Handicapper, Social Secretary, Masters Co-ordinator or their nominated elected delegates. A.I.F. and Western Metropolitan Association delegates are to attend when a report is to be submitted to the meeting.
5. A quorum is to consist of a majority of the Main Office Bearers.
6. Any member, who is not a member of the Committee, is to be allowed to attend meetings but not allowed to vote. Any member may propose a motion via any Committee member if he/she does not wish to attend personally.
7. Copy of minutes of monthly meetings to be placed on notice board.
8. List of duties of Office Bearers to form part of these rules.
9. The positions to be elected at the A.G.M. are the "Main Office Bearers" (see Rule 4) plus Recorder(s) and Patron(s). No Committee member can stand in any position for more than three (3) years, (nor hold more than one Executive Committee position at a time), unless there is no person willing to stand for the position.
10. Club Executives to be reimbursed for out-of-pocket expenses.
11. Only Captain, Vice Captain and Handicapper to have keys for the storage cabinet.
12. Eligibility for Life Membership - a minimum fifteen (15) years continuous membership of which ten (10) years must have been served in any nominated official position as elected at the A.G.M. or appointed by the Committee.
13. Proxy votes are permitted for election of positions at the A.G.M. provided they are submitted in writing with the signature of the voter.

**Swimming Rules**

14. A time trial is to be swum if no recorded time for that event. One (1) point awarded for time trial.
15. Once weekly race entries are closed, late entries will only be accepted if space is available. Races may not be re-arranged. Entries close at 7.30 p.m.

**16.** When a swimmer who has been nominated for swims is omitted from races, the Captain is to be informed and, *if possible*, the matter to be resolved by the re-arranging of later heats. Otherwise the swimmer is to be given points equivalent to a “break”, i.e. three (3) points.

**17.** Break times (including relays) to be:-

25m F/S	-	1 second
50M F/S	-	1 second
75m F/S	-	2 seconds
100m F/s and over	-	2 seconds
200m F/s and over	-	4 seconds
Form stroke and medley	-	1 second per 25m

**18.** A swimmer may be disqualified at the Captain’s discretion for deliberately breaking swimming rules.

- (E.g. a) Leaving blocks early at start of race and not re-starting at correct time.  
b) Not touching correctly in breaststroke races.)

**19.** A person required to swim successive races should be moved to a later race if possible or alternatively, is allowed an additional second to his handicap time.

**20.** All swimmers to exit the pool before the next event occurs.

**21.** Judges places have precedence over times taken by timekeepers.

**22.** Handicap times may be amended if a swimmer “breaks” *under* or *over* on two consecutive occasions at the handicapper’s discretion.

**23.** Weekly points to be awarded on three (3) best races per meeting plus *attendance*.

**24.** Point score to be:-

4 points for attendance plus

1st	-	4 points
2nd	-	3 points
3rd	-	2 points
4th, 5th	-	1 point

Placings based on swimmer not “breaking” their handicap times.

**25.** Swimmers to be awarded three (3) points for “breaking” under their handicap time irrespective of their placing in a race.

**26.** Points for relays:-

1st	-	4 points
2nd	-	3 points
3rd	-	2 points
4th, 5th	-	1 point
Break	-	1 point

**27.** If a swimmer fails to finish a race that person receives one (1) point.

**28.** Swimmers must use the times shown on their card, they cannot nominate their own times (see Rule 33).

29. At the Captain's discretion a swimmer, if injured, can nominate own times and any stroke and receive normal points except that a "break" will be one (1) point. Entry sheets and race sheets are to be marked accordingly.

### **Club Championships**

30. The Open Ladies and Men's 100 metre championships races are only open to those members who are financial members of the R.S.L. Club Ltd. Club Open Championships are to be held over 100 metres freestyle, off scratch and are to be held in conjunction with the 100 metre handicap races with a minimum of three competitors in each race.
31. A member must have competed in a minimum of six (6) weekly meetings as a financial member of the Swimming Club in the twelve (12) months prior to the swimming club age championships.
32. Age Championships shall be the best three (3) out of four (4) of, 100 metres freestyle (refer rule 36), 50 metres freestyle, breaststroke and backstroke, using nominated times and all off "go" (read in conjunction with Rule 33). Club Handicap Champion is swimmer closest to nominated time in those events.

The Open 100 metre championship heats will be held first, with the swimmers nominated and actual times being included in the age championship.

33. The age groupings for the "Age Championships" will be decided by the Handicapper and the Captain, preferably with 4-5 swimmers per age group, depending on the numbers of swimmers participating.

### **Carnivals**

34. Anyone who submits their name on the final list to attend any carnival or events is required to pay full fee whether they attend or not.

### **Trophies**

35. Relay Trophy - perpetual trophy and individual "major" trophy to winner on an annual basis.
36. Bi-monthly trophies for 100-400m F/S, 50m and 75m F/S, 25m F/S, formstroke to be "major" trophies. A swimmer can win only one (1) trophy per two-monthly period. Other trophies in that period are to be awarded to the runners up.
37. Consecutive swims - "major" trophy for twenty five (25) consecutive swims and pool side help. Note:-To be eligible for a pool side help the member must be in attendance for the duration of the swim and actively help in the nightly proceedings.
38. Weekly Trophy - "minor" trophy to a maximum value of an amount decided by the Committee. Swimmers may pay the difference in cost of an item over the amount.
39. Patrons Trophy, Presidents Trophy, Captains Trophy - perpetual trophies and individual "major" trophies awarded annually to swimmers closest to their nominated times on the night of the event.

40. Endurance (Iron-Man Trophy) - perpetual trophy and individual “major” trophy awarded annually for most points for one (1) nominated programme per month. Where possible, it is to be last week of the month.
41. Match Race Competition - perpetual trophy and “major” trophy to winner. It is an elimination series of 50 metre freestyle races on a handicap basis.
42. Memorial Trophy (John Price) - 300 metre freestyle (all off “go”) annual trophy awarded to the swimmer closest to their nominated time on the night. To be swum as close as possible to the 23rd June each year.

### **Masters Sub Group**

43. Must be a member of the swimming club, registered with Masters and swim under the name of Castle Hill RSL Masters.
44. All race fees are to be paid by the individual, not the club.
45. The Masters Co-ordinator will manage the Castle Hill RSL Masters Sub-group and chair the Masters sub-committee, comprising: Race Secretary, Treasurer, Registrar, Publicity Officer and any other role required by the masters co-ordinator. The Masters Co-ordinator will also serve on the Castle Hill RSL Swimming Club Executive Committee, as the representative of the Masters sub-group.
54. The Masters Co-ordinator fulfills the position of Masters Club President for Masters Swimming NSW, reporting to the Castle Hill RSL Swimming Club President.