

**EFSL GENERAL MEET ANNEX
SWIMMING CODE AND TECHNICAL RULES**

September 2019

Matters determined by League Council are predicated in the paragraph leader with (LC) and those of a technical nature and implemented by the Technical Committee are predicated with (TC). Some matters involve both groups.

TABLE OF CONTENTS

GLOSSARY.....3

PART ONE - Meet Regulations

Article 101 - Standard Meet Regulations

101.1 Rules of Competition (TC).....4
101.2 Facilities (TC).....4
101.3 Medical Support Plan (LC).....4
101.4 Officials (TC).....4
101.5 Classes of Competition (TC/LC).....5
101.6 Order of Events (TC).....5
101.7 Eligibility to Compete (LC/TC).....5
101.8 Meet Announcement (TC).....6
101.9 Software (TC).....6
101.10 Entries (TC).....6
101.11 Seeding (TC).....6
101.12 Scratches/Post Entries (TC).....7
101.13 Substitution (TC).....7
101.14 Scoring (TC).....7
101.15 Meet Results (TC).....8
101.16 EFSL Records (TC).....8
101.17 Results Protests (TC).....9
101.18 Disqualifications (TC).....9

Article 102 - Awards

102.1 Ribbons (LC).....10
102.2 Medals (LC).....11

PART TWO - EFSL Championship Meet Regulations

201.1 General (LC/TC).....11
201.2 Eligibility for Championship Meets (LC).....12
201.3 Age Group Determination (LC).....13
201.4 Team Entry and Seeding Procedure.....13
201.5 Long Distance Championship Regulations (TC).....13

**EFSL GENERAL MEET ANNEX
SWIMMING CODE AND TECHNICAL RULES**

201.6 Number of Events (LC/TC).....	15
201.7 Entry Fees (LC /TC).....	15
201.8 Order of Events (TC).....	15
201.9 Marshalling Events (TC).....	15
201.10 Clothing Program, Concession and Other Sales (LC).....	15
201.11 Individual Point Awards (LC).....	16

PART THREE - Meet Officials

301.1 Referee (TC).....	16
301.2 Starter (TC).....	17
301.3 Stroke and Turn Judge (TC).....	17
301.4 Relay Take-Off Judge (TC).....	17
301.5 Head Timer (TC).....	18
301.6 Clerk of Course/Statistician (TC).....	18
301.7 Marshals (TC).....	18

PART FOUR - Officiating Program

Article 401 - Overview and Administration

401.1 Purpose and Objectives (TC).....	19
401.2 Administration and Officials Committees (TC).....	19
401.3 Meet Official Categories (TC).....	20
401.4 League Head Official (TC).....	20
401.5 Division Head Officials (TC).....	20
401.6 Team Head Officials (TC).....	21
401.7 Referees/Head Officials (TC).....	21

Article 402 - Meet Official Training Standards

402.1 Purpose (TC).....	21
402.2 Levels of Qualifications (TC).....	22
402.3 Training Methods (TC).....	22
402.4 Certification of Officials (TC).....	23

ATTACHMENT 1 STANDARD MEET ANNOUNCEMENT.....	24
ATTACHMENT 2 EVENT LIST EFSL REGULAR SEASON MEETS.....	26
ATTACHMENT 3 EVENT LIST PENTATHLON.....	27
ATTACHMENT 4 EVENT LIST SHORT DISTANCE CHAMPS MEET.....	28
ATTACHMENT 5 EVENT LIST LONG DISTANCE CHAMPS MEET.....	30
ATTACHMENT 6 EFSL DISQUALIFICATION CODES.....	31

**EFSL GENERAL MEET ANNEX
SWIMMING CODE AND TECHNICAL RULES**

GLOSSARY

AGE-UP - When a swimmer moves from a younger age group to an older age group, because they have a birthday that falls during the season and will have to swim at an older age at Champs.

CHAMPS - Individual Age Group Short Distance Championship Meet held at the end of the swim season.

CLERK OF COURSE - The EFSL has historically divided these duties to Meet Director, Head Marshalls and Statistician. See part 4 of this Annex.

DIVISIONALS - Team Short Distance Competitions hosted in late January/early February by each of the three (3)EFSL Divisions.

GENERAL MEET ANNEX - A guide to EFSL rules and regulations.

HEAD TIMER - Ensures each lane has the required number of Lane Timers and a Lane Recorder; supervise all Timers, checking and replacing watches [or Timers] as necessary throughout the meet.

HEAD MARSHALL - responsible for checking swimmers into the marshalling area and controls swimmers from the time they are checked in until they are turned over to the Referee; organizes swimmers into their appropriate event, heat, and lane based on the published meet program.

LONG COURSE - 50 Meter pool distance for competition.

LONG DISTANCE CHAMPS - Individual Age Group Long Distance Championships traditionally held in late November.

REFEREE - Sometimes referred to as the Head Official in the EFSL.

SEED - A way in which swimmers are divided into the required number of heats and / or lanes, according to their entry or preliminary times.

SHORT COURSE - 25 Meter pool distance for competition.

SPLASH FEES - Amount charged for each individual or relay team per event in a swim competition.

SWIM-UP - When a swimmer swims in an age group that is older than the swimmer, this is possible only as an exhibition event. Allowing the swimmer to swim events without aging up for the rest of the season. Only permitted in relays at League Championship level meets, not individual events.

STROKE AND TURN JUDGE - A certified official.

**EFSL GENERAL MEET ANNEX
SWIMMING CODE AND TECHNICAL RULES**

Part One

MEET REGULATIONS

**Article 101
Standard Meet Regulations**

101.1 Rules of Competition (TC)

The current United States Swimming Rules and Regulations, Disqualifications Codes, and Technical Rules, will prevail unless otherwise directed in the EFSL Swimming Code.

101.2 Facilities (TC)

Pool facilities will conform as closely as possible to USA Swimming regulations regarding "Facilities Standards." Any deviation from minimum water depth, starting block height and lane width has to be announced at the scheduling meeting and in the meet announcement. For safety reasons the minimum water depth at the start end must be in accordance with current USA Swimming Rule Book Water Depth regulations.

101.3 Medical Support Plan (LC)

Each hosting team must have a medical support plan that is briefed to the visiting teams at the beginning of the meet. Information about the medical support plan may be published in the meet announcement.

101.4 Officials (TC)

- .1 The host team is responsible for coordinating sufficient officials to properly conduct the meet. Minimum requirements are:
(1) Certified Referee, (1) Certified Starter, (2) Certified Stroke and Turn Judges, (1) Head Timer, (2) Timers per lane in use, (1) Marshaller, (1) Statistician, (1) Scorer/Recorders and (1) Awards Clerk
- .2 Should a host team not meet the minimum officials requirements for a meet, they shall request a waiver from the League Head Official in advance of the meet or, if too late to request, submit a report to the League Head Official following the meet.
- .3 The visiting team(s) should provide as many officials and timers as possible.
- .4 EFSL has established the following minimum guidelines for hosting teams to apply when requesting volunteer support from visiting teams/swimmers:
1-10 Seeded swimmers = 1 volunteer
11-25 Seeded swimmers = 3 volunteers
26-40 Seeded swimmers = 5 volunteers
41+ Seeded swimmers = 7 volunteers
- .5 Visiting Teams must notify the hosting team if they are unable to bring the required number of meet workers.
- .6 Designated coaching staff will not be utilized to perform Starter, Referee or Stroke and Turn Judge positions except in unusual or unforeseen circumstances, and then only with prior approval of the visiting team(s).

**EFSL GENERAL MEET ANNEX
SWIMMING CODE AND TECHNICAL RULES**

101.5 Classes of Competition (TC/LC)

Competition for regular season meets, including Divisionals, will be by age group: 8 and under, 9-10, 11-12, 13-14, 15-16, and 17-19 years old with separate boy and girl events. Mixed relay (2 boys and 2 girls) events will be by age groups 10 and under, 11-12, 13-14, and 15-19.

101.6 Order of Events (TC)

- .1 Order of events shall be in accordance with EFSL Swimming General Meet Annex (See Attachments), as applicable. The order of events shall not be changed except with the concurrence of all teams competing in that meet.
- .2 The EFSL Board will be notified of the Order of Events by filing of the Meet Announcement.
- .3 When a meet is conducted in a 50-meter pool, 100 meter Individual Medley Events may be swum out of the normal order.
- .4 Long-Distance events and Coaches Challenge events may be included as additional non-scored events at the end of meets.

101.7 Eligibility to Compete (LC/TC)

- .1 All teams and individuals must meet the eligibility criteria as stated in EFSL Bylaws.
- .2 A competitor must, on the first day of the meet, be of the age that is designated for the event(s) they wish to enter.
 - .A Exception: A swimmer may “age up” to the next age level if that swimmer will turn that age during the season. Once a swimmer chooses to “age up”, he or she may no longer compete in that category in any event for the rest of the season.
 - .B Exception: A swimmer may “swim up” as an individual in exhibition events, thus allowing them to try new events without aging up for the rest of the season. They will not be eligible for medals, ribbons, or points, but their times are eligible as qualifying times.
 - .C For a two-day meet, it is their age on the first day of that meet.
- .3 For relay events in a non-championship meet, swimmers may swim up in an older age group only if their team, as a whole, does not have sufficient registered swimmers in that meet of the proper sex and/or age category to allow the fielding of a non-exhibition relay team.
- .4 A competitor is limited to entering a maximum of three (3) individual events and a maximum of two (2) relay events for scoring purposes. Two (2) additional individual events as exhibition only are possible, without scoring points, that will be considered for qualification purposes at the discretion of the hosting team. For relay events, a competitor's name may appear on more than one entry card within an event and only be considered one entry. In this case, however, the competitor may only swim on one of the relay teams.
- .5 A Long Distance event should be added as a non-scoring time trial event for qualifying purposes at the discretion of the hosting team in meets leading up to the

**EFSL GENERAL MEET ANNEX
SWIMMING CODE AND TECHNICAL RULES**

Long Distance Championships. These events do not count towards the maximum number of events a swimmer may swim at a meet.

- .6 For Pentathlon meets, a swimmer may swim up to five (5) scored individual events. Relays are not permitted in a Pentathlon Meet.

101.8 Meet Announcement (TC)

For all meets a standard meet announcement providing minimum information must be used. Meet announcements shall be provided to the visiting teams and the ESFL Statistician no later than 14 days before the meet. See sample in Attachments.

101.9 Software (TC)

For standardization purposes, the EFSL uses Hy-Tek software products; Team Manager for organizing swimmers data and preparation of meet entry files and Meet Manager to run meets.

101.10 Entries (TC)

- .1 Coaches will send completed entry files to the Statistician/Clerk of Course of the hosting team no later than twenty-four hours before the initial designated starting time for the meet. (NOTE:-If a team wishes to have the entries earlier for whatever reason, a team is permitted to do so by announcing this in the meet announcement. It is recommended that this time frame shouldn't be earlier than 72 hours).
- .2 Once the entries have been submitted to the host team Statistician/Clerk of Course, no coach or team representative from any team will be allowed to examine, handle or compare the entries including the host team coaches until the heat sheet is published the day of the meet.
- .3 Relay Teams
 - .A Entry cards may have up to eight (8) names on them when they are submitted to the Clerk of Course. Extra names will be scratched at the time of marshalling, and four of the swimmers named on the card must swim in that event.
 - .B Substitutions can be made prior to the start of a relay as long as the swimmer is entered in the meet. Referee, Head Marshall and Statistician MUST be informed of the final order of swimmers by a team coach, if the order of swimmers has changed. The Referee retains the right to approve or deny all changes.
- .4 Seeding the day of the meet is **not** to be done, this includes post entries.

101.11 Seeding (TC)

- .1 All regular season meets will be seeded by time, distance (stroke) and gender.
- .2 Time Finals - Under the time finals seeding system, entries are ranked according to their submitted times. Competitors having the same submitted times shall be ranked by draw, not alphabetically. Competitors without times will be ranked by draw and seeded last. The fastest full heat shall be assigned to the last heat, the second-fastest full heat shall be assigned to the second to last heat and so on. The last heat shall be filled before the second to last heat, the second to last heat must be

**EFSL GENERAL MEET ANNEX
SWIMMING CODE AND TECHNICAL RULES**

filled before dealing with the third to last, and so on, except that heat 1, which has the slowest seeds, must contain at least three competitors. This may necessitate transferring one or two competitors from heat 2, however, subsequent scratches may reduce the number of competitors in any heat to less than three.

101.12 Scratches/Post Entries (TC)

- .1 Known scratches shall be announced to the Statistician/Clerk of Course as soon as known. No competitor will be penalized for scratching from an event but the Clerk of Course/ Head Marshaller must be informed for marshalling purposes only, and to allow the Meet Referee to adjust seeding or consolidate heats when possible.
- .2 All subsequent scratches during meet competition must be notified to the Meet Referee, Statistician/Clerk of Course, and Head Marshal as soon as the reason is known. Swimmers reporting to the Referee prior to the start of their race and declaring their intent not to compete will be disqualified as a declared false start.
- .3 For Divisionals, Individual and Long Distance Championship meets, once competition has begun, any swimmer who fails to compete in an individual event shall be barred from further competition for the remainder of the meet, except when the Meet Referee is notified of illness or injury and accepts the proof thereof, or that failure to compete is caused by circumstances beyond the control of the swimmer. A declared false start or deliberate delay of meet is not permitted and will be regarded as a failure to compete

101.13 Substitution (TC)

Substitutions are not allowed in individual events.

101.14 Scoring (TC)

- .1 Point scoring for official placement in meet competition is dependant on the number of teams participating. The scoring for regular season meets (and Divisional Meets) is as follows:

Individual Events

2 Teams: 5 - 3 - 1

3 Teams: 6 - 4 - 3 - 2 - 1

4 Teams: 8 - 6 - 5 - 4 - 3 - 2 - 1

5 Teams: 10 - 8 - 7 - 6 - 5 - 4 - 3 - 2 - 1

6 and more Teams: 12 - 10 - 9 - 8 - 7 - 6 - 5 - 4 - 3 - 2 - 1

Relay Events

2 Teams: 7 - 0

3 Teams: 8 - 4

4 Teams: 10 - 6 - 2

5 Teams: 12 - 8 - 4 - 2

6 and more Teams: 14 - 10 - 6 - 4 - 2

**EFSL GENERAL MEET ANNEX
SWIMMING CODE AND TECHNICAL RULES**

- .2 During regular season meets, only two swimmers may score for one team in an individual event. Only one relay team per event may score from each club.
- .3 In the case of a tie, the points will be added for each of those places, and the result will be divided by the number of swimmers involved in the tie, with the resulting points being awarded to each swimmer. No points are awarded for the next place. In the case of a tie for the last placement, all receive full points.

101.15 Meet Results (TC)

- .1 At completion of the last event, final scores will be verified correct (in writing) by a representative from each participating team, the meet Statistician and the meet Referee.
- .2 Events under formal (written) protest will be scored but the score sheet must be clearly marked that the event is under protest and verified by the meet Referee.
- .3 The host team is responsible for sending the results of all regular meets, including the signed score sheet, to the EFSL statistician by 20:00 hours on Tuesday night following the meet. A \$50 fine will be levied against the meet host team whose results are not received by the deadline (time stamped) and another \$50 for each 5 working days thereafter.
- .4 The Divisionals meet Head Statistician must submit meet results to EFSL Statistician within 24 hours after the end of the meet; otherwise a \$100 fine will be levied against the offending Divisional hosting team.

101.16 EFSL Records

- .1 League records are established by swimming faster times than the existing times listed with the league statistician at EFSL sanctioned meets.
- .2 League records are established within the true age of the swimmer.
- .3 Individual Records
 - .A An individual swimmer or the lead swimmer of a relay may establish individual League records regardless of the age group in which he/she/they compete(s).
 - .B The record will apply to the actual age of the swimmer.
- .4 Relay Records
 - .A Relay teams may establish a League relay record when the relay team consists of swimmers of the same age group.
 - .B Relay teams that contain a swimmer or swimmers that are “swimming up” may set a league relay record provided that there are no other eligible swimmers at that meet that can be on the relay team. Teams must form legal relays first, ie. there can be no cascading effect.
 - .C Relay teams consisting of swimmers “aged up” out of their age group in accordance with the rules in this General Meet Annex may establish League records.
- .5 Conditional record times will be publicly announced before the end of the meet if possible.
- .6 Possible League records are to be announced to the EFSL Statistician through the hosting teams head statistician.

**EFSL GENERAL MEET ANNEX
SWIMMING CODE AND TECHNICAL RULES**

- .7 New league records must be officially listed with the EFSL statistician before the spring technical meeting at the conclusion of the EFSL swim season.
- .8 All verified records will be posted on the EFSL website.
- .9 At the conclusion of the spring meeting all league records will be considered official and no further changes will be made, unless there is legitimate proof of an error or omission provided by the discovering team to the league statistician.
- .10 League record breakers, individual and relays, will receive an award for each stroke they broke a record in at the end of the season, no later than the spring League Council Meeting.

101.17 Results Protests (TC)

- .1 Protests must be submitted in writing by a designated team coach. They must be submitted no later than 30 minutes after the time indicated on the Entry card documenting the disqualification infraction. A conscious effort will be made to adjudicate each protest as quickly as possible, but all protests must be closed prior to the event being scored and placement determined.
- .2 The results of any race conducted under written protest or any formally protested race shall not be considered official, and no awards will be presented for that race, until the protest is withdrawn by the protester, is ruled upon by the meet referee, or has received final adjudication by the League Head Official.
- .3 Protests contesting the eligibility of any swimmer to compete or represent a team in any race shall be made in writing to the Referee before the race is held, and the swimmer will compete under protest.
- .4 Protests against judgment of starters and judges can only be considered by the Referee of the competition. Any protest that arises during the actual conduct of the competition must be referred directly to the Referee.
- .5 Should the Referee be unable to resolve a protest, it will be forwarded to the League Head Official for adjudication.
- .6 Coaches may appeal a Meet Referee decision in writing to the League Head Official. This appeal must be submitted within 5 days. The League Head Official's decision will be issued within 15 days and is binding to all parties.
- .7 Ribbons or awards will not be presented to a swimmer in any event which is under protest.

101.18 Disqualifications (TC)

- .1 The primary reference for infractions and disqualifications shall be the current USA swimming rule book.
- .2 A disqualification can be made only by the official within whose jurisdiction the infraction has been committed.
- .3 The Referee or designated official making a disqualification shall make every reasonable effort to seek out the swimmer or his coach and inform him/her as to the reason for the disqualification. Failure to notify does not negate the disqualification.
- .4 Any aid that provides an advantage in terms of buoyancy, power, water resistance or pacing should be considered the use of aids and the swimmer be disqualified.

**EFSL GENERAL MEET ANNEX
SWIMMING CODE AND TECHNICAL RULES**

Just a few examples would include: watches, excessive oil, sports tape (e.g. KT), multiple suits, auditory cue pacers (e.g. Wetronome), paddles and fins.

- .5 Coaches having entrants in any event on the program shall not be allowed in the immediate starting area of swimming pools, which must be clearly marked, during the progress of any competition. Upon being apprised of a violation of this rule, it shall be the duty of the Referee to have such offender removed, immediately.
- .6 The time and/or place of any swimmer or relay team disqualified either during or following an event shall not be recorded in the results of that event. If awards have been made prior to the decision to disqualify they shall be returned and made to the proper recipient(s) and if points have been scored by those disqualified the event shall be rescored.
- .7 The lead relay swimmer's time will be recognized for qualification and league record purposes as long as the lead swimmer did not commit the infraction.
- .8 A copy of the EFSL Disqualification Codes can be found as an Attachment to this meet annex. These codes will be updated annually and will be in accordance with the USA Swimming and FINA codes from the Hy-tek swimming software.

Article 102 - Awards

102.1 Awards (LC/TC)

- .1 Ribbons
 - .A Placement Awards (1st-5th) utilized in the European Forces Swim League consist of standard ribbons purchased by the League. These ribbons will have a league imprint and be distributed, in sufficient quantities, to each team in the league at the beginning of the season. Ribbons will be awarded during scheduled league meets only and teams will be held accountable for any ribbons not utilized during the season.
 - .B Tie Rule. In case of ties, both participants receive a ribbon for that place; however, no ribbon is awarded for the next place below the place in which the tie occurred, i.e., two swimmers tie for first place, both receive first place ribbons, no second place ribbon is given. In case of a tie for third place, both participants receive third place ribbons.
 - .C "As Finished" Rule. Awarding of ribbons is done on an "as finished" basis. Do not let the scoring rules ("only two may score") confuse you. If 3 entries from one team finish first, second and third, they receive first, second and third place ribbons; however, for scoring purposes, only the first two may score and the third place score would be awarded to the swimmer of the other team.
 - .D Regular Season Meets (LC/TC)
 - (1) Relays - First and second place ribbons are awarded for relays. Each member of the placing relay teams receives a ribbon.
 - (2) Individual Events - Ribbons are awarded for 5 places. First, second, third, fourth, and fifth place ribbons are awarded on an "as finished"

**EFSL GENERAL MEET ANNEX
SWIMMING CODE AND TECHNICAL RULES**

basis. In all cases the "Tie Rule" applies. In addition, a heat winner ribbon may be awarded to the winner of each heat.

- .2 Medals (LC/TC)
 - .A For Divisionals, Short Distance and Long Distance CHAMPS
 - .B Gold, Silver and Bronze Medals for places 1 to 3 in all individual events and relays will be awarded. Lesser medals will be awarded for places 4 to 6 in all individual events. Ribbons will be awarded for places 7 – 16 in all individual events for Short Distance and Long Distance Champs only.
 - .C Participation Patches will be awarded to all competitors at championship meets
 - .D A high-point Trophy or Plaque will be awarded to the male and female swimmers in each age group who score the most points in individual events at the Long Distance Championship meet and the Short Distance Championship meet.
 - .E A Pentathlete trophy or award will be awarded at the Short Distance Championship Meet for the fastest male and female swimmer in each age group, and a certificate will be awarded to the first through sixth places. The times will be based on a swimmers fastest time in each event and will be compiled by the League statistician from regular season meets only (to include DIVISIONAL Meets).

Part Two

EFSL Championship Meet Regulations

201.1 General (LC/TC)

- .1 Individual Champions will be determined for long distance events at the Long Distance Championships (normally in November) and for short distance events at the Short Distance Championships for regular season events, which is to be held at the end of the season (normally in February).
- .2 Scheduling
 - .A The EFSL season will run from August/September into late February or early March with an attempt to schedule Short Distance CHAMPS prior to the beginning of the spring DOD athletic season.
 - .B No regular meets will be held after the date declared by the League Council (normally Divisional Weekend) prior to Short Distance Championships.
- .3 Competition for Long Distance Champs and Short Distance Champs will be by age group: 8 and under, 9, 10, 11, 12, 13-14, 15-16, 17-19 events. Mixed relay (2 boys and 2 girls) events will be by age groups 10 and under, 11-12, 13-14 and 15-19.
- .4 Opening ceremonies, conduct of meet, order of events and method for presentation of awards will be at the discretion of the organizing committee and EFSL President.
- .5 The Host team, in conjunction with the Executive Board will have a medical support plan and designated standby medical personnel.

**EFSL GENERAL MEET ANNEX
SWIMMING CODE AND TECHNICAL RULES**

- .6 The Host team, in conjunction with the Executive Board, will create a reasonable and adequate security and force protection plan.
- .7 There will be a team representative meeting held in conjunction with the meet before the Championship meet begins.

201.2 Eligibility for Championship Meets (LC)

- .1 Team Qualification Rules.
 - .A To qualify for Short Distance Championships, each team will swim in at least six (6) sanctioned EFSL meets (not to include time trials), encompassing at least 30% of EFSL teams, Waivers may be granted by the EFSL President.
 - .B Geographic Waivers. Teams may receive a Geographic waiver. Such teams will swim at least five (5) sanctioned EFSL meets encompassing at least 25% of EFSL teams.
 - .C Waivers from these rules may be granted by the EFSL President.
- .2 Individual Qualification Rules.
 - .A Swimmers will be eligible to compete in Short Distance and Long Distance Championships based on qualifying times established prior to the start of the season by the League Council.
 - .B For eligibility to swim at Short Distance Champs, swimmers must be direct qualified or meet at least the Pull-Up cut-off time.
 - .C For eligibility to swim at Long Distance Champs, swimmers must be direct qualified.
 - .D A swimmer must participate in **at least four (4)** standard EFSL meets during the season to compete at Short Distance Championships. Swim competitions with only Long Distance events are not considered a standard EFSL meet, Divisional Meets may be included as one of these four meets.
 - .E If a swimmer PCS's into a new location he/she may apply to the EFSL Council with documentary evidence stating their arrival date on or after Dec. 1st of that calendar season.
 - .F Swimmers from teams with a "Geographic Waiver" must participate in **at least three (3)** standard EFSL meets during the season to compete at the Short Distance Championships. Divisional Meets may be included as one of these three meets.
 - .G No exhibition swims for individual events are permitted in any Championship meet – Long Distance Championships, Short Distance Individual Championships and Divisional Meets.
 - .H Teams may enter Exhibition relays at Short Distance Championships with non-qualifying swimmers. Swimmers must still meet the minimum number of meets required but do not need a qualifying time.
 - .I Exhibition relays cannot earn points or earn ribbons or awards at the event.

201.3 Age Group Determination (LC)

**EFSL GENERAL MEET ANNEX
SWIMMING CODE AND TECHNICAL RULES**

1. The age of the swimmer on the first date of the meet will determine which age group the swimmer will participate in for both Long Distance and Short Distance Championships.
2. The age-up date for Long Distance and Short Distance Championships is the day of the first day of meet. If the Championship is held at two different locations, the meet date shall be the same. However in case of two different dates, the date of the first meet applies as age-up date.
3. Individual events, swimmers must swim in their designated age group.
4. Relay events, swimmers may swim up in an older age group only if their team, as a whole, does not have sufficient registered swimmers at the meet of the proper sex and/or age category to allow the fielding of a relay team.
5. A swimmer does not necessarily have to have a CHAMPS qualifying time in an individual event to be on a CHAMPS relay team but must meet all other eligibility requirements.
6. At the Seeding Meeting prior to the Individual CHAMPS, a team needing to place swimmers in an older age group will so declare.

201.4 Team Entry and Seeding Procedures (LC/TC)

1. Championship Meets will be seeded by age group, stroke, gender and time.
2. Entry Rosters must be validated and signed by two of the following: Team President, Statistician and/or Head Coach. The form must say: All qualified swimmers have been contacted and provided the opportunity to register for the championship meet. The (team name) certify the entries are accurate, swimmers meet the minimum eligibility requirements, and that no swimmer has been “left behind”.
3. It is each team’s responsibility to ensure that entries are correct and times are valid and that their swimmers have met the eligibility requirements.
 - a. Short Distance Champs. Teams will only submit individual event entries for the seeding meeting. Once the seeding results have been verified and closed. Teams will submit their relay team entries within 48 hours. Teams may enter Exhibition relays in accordance with GMA 201.2.2.F
 - b. When exporting entries, the “use unconverted times” selection must be checked. Entries will not be accepted with converted times.
 - c. When creating the meet entry report (entry roster), the “show times unconverted” box must be checked and must be sorted by swimmer name.
4. Long Distance Championships. Seeding will be done by electronic pre-seeding. Each event will be swum by time and gender.
5. Short Distance Championships will be seeded electronically following the Divisional meets with results being published two weeks prior to the event.
6. The EFSL Board will review all entries for accuracy prior to public announcement.
7. Once an event has been seeded, and all teams have validated the seeding within 24 hours, that event is closed and there will be no changes made.

201.5 Long Distance Championship Regulations (TC/LC)

**EFSL GENERAL MEET ANNEX
SWIMMING CODE AND TECHNICAL RULES**

- .1 Qualifying Times may be obtained at a scheduled meet or at an approved Long Distance Time Trial. **Teams will notify the league that a time trial is occurring no later than the suspense set at the Spring League Council meeting.**
- .2 Time Trials should have at a minimum, a certified referee and certified starter present for an EFSL approved time trial. Teams will notify the league the name of the referee who will be in attendance. For the long distance freestyle events, a referee and starter may officiate three lanes in a 25 or 50 meter pool. For each additional three lanes during long distance freestyle events at least two more turn judges are required, one for each end of the pool. For the 400IM, teams are required to add at least one additional certified stroke judge to walk the side and jurisdiction of turn judges shall not exceed two lanes. Any deviations from these guidelines, should be sent to the Division Head Official and the EFSL Head Official for consideration.
 - (A) Timers: Each lane should have at least two timers present to capture the time of the swimmer in that lane regardless of the timing system being used, e.g. stopwatches, pads, dolphin.
 - (B) Results:
 - (1). Times will be obtained using a minimum of two watches, or equivalent timing system per swimmer.
 - (2). The host team is responsible for submitting the results as consolidated, signed results with meet manager file within 72 hours of the time trial to the EFSL Statistician.
 - (3). All times must be within a 0.3 seconds variance and if there are two times, the result will be the average of the two. When three times are captured, all within the same 0.3 second variance, the middle time will be recorded as the official time.
 - (C) Splits: The EFSL permits referees to approve capturing of one split per event, a recognized time for one additional distance other than the distance of the actual event being swam. For example, during a 1500m freestyle event, you may take either a 400m or 800m freestyle split, but not both. Additionally, be mindful that it is not legal to use counters during events less than 500 yards, so if you are going to take a 400m split, you may not use counters for that portion of the event, but may begin using them after the split is taken. Also, the swimmer must complete the split in accordance with the rules for that stroke. There is no requirement for the swimmer to touch with their hand to finish a freestyle event, so they can continue their flip turns to continue swimming the rest of the entered event. As a final note, the swimmer must legally complete the entire prescribed length of the entered event for the split to be captured for qualification purposes.

**EFSL GENERAL MEET ANNEX
SWIMMING CODE AND TECHNICAL RULES**

- .3 Warning signal: For events greater than 500 yards, the starter or designee will sound a warning signal above the water at the finish end of the lane of the leading swimmer as that swimmer approaches the flags with two lengths to swim. You may provide a warning signal above all lanes as long as the same standards are applied to all swimmers.
- .4 Counters: A swimmer in the 800/1500 meter freestyle may have one counter to call lengths or indicate lengths completed or remaining by visual sign placed in the water. Verbal counters shall be limited to one per swimmer and shall be stationed at the end of the course opposite the starting end. They may use watches and signal intermediate times to the swimmer. If visual counters are used, they may be stationed at the end, visual counters may be lowered into the water at the end of the swimmer's lane, provided that they do not physically aid the swimmer nor interfere with another swimmer or present any safety hazard. In the event of official or counter error, it is the responsibility of the swimmer to complete the prescribed distance.

201.6 Number of Events (LC/TC)

Short Distance Championship Meet Swimmers may enter a maximum of four (4) individual events and one relay on each day of the Short Distance Championship.

201.7 Entry Fees (LC)

A seeding (splash) fee, to be determined by the EFSL Board of Officers, is required for each swimmer and relay team for each event at Long Distance and Short Distance Championships. Once a swimmer or relay team is seeded at the seeding meeting, the entry fee must be paid within 15 days of receipt of the invoice.

201.8 Order of Events (TC)

1. Long Distance Championship order of events shall be in accordance with the attachments to this Meet Annex.
2. Short Distance Championship Order of Events shall be in accordance with the attachments to this Meet Annex. If the meet is to be conducted in a 50m pool, the meet order of events may be changed to accommodate the 100m IM events.

201.9 Marshalling Events (TC)

- .1 Swimmers must be marshaled in place at least two heats prior to their heat/event. If a swimmer is not in place at two heats prior, an alternate will be placed in the heat.
- .2 Once the alternate is called, no changes will be made. If no alternate is available, the lane will be empty.

201.10 Clothing Program, Concession and other Sales (LC)

1. It shall be the sole right of the host team to sell championship-related mementos such as pins, programs, T-Shirts, etc.
2. Further, the host team has the sole right to sell all items (sweatshirts, T-Shirts, Swimsuits, etc.). No sales of clothing or EFSL items will be allowed at the Championship meet except by the host team.

**EFSL GENERAL MEET ANNEX
SWIMMING CODE AND TECHNICAL RULES**

3. Another team (other than the host team) may not sell any item except other teams may sell team logo swim caps and the like to its own swimmers.
4. Should the host team not wish to exercise this privilege, it may grant the right to one or more other teams or a commercial seller. No other team may sell Championship-related items.

201.11 Individual Point Awards

- .1 Points shall be awarded for an Individual High Points Award at both Short Distance and Long Distance Championships
- .2 No points are compiled for relays as no team scores are kept at Championship Meets. Team awards are won only at standard meets and Divisional meets.
- .3 Points shall be awarded as follows;
Individual - 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1
- .4 Final results will be compiled by the League head statistician after receiving the results from the two Long Distance meets, if applicable.

PART THREE

MEET OFFICIALS

301.1 Referee (TC)

- .1 The Referee is responsible for ensuring safe, fair, equitable and uniform conditions of competition so that no swimmer will gain an unfair advantage over another.
- .2 In addition to the duties and responsibilities as stated in the USA Swimming Rule Book, the Referee will additionally be responsible for:
 - .A Ensuring that pool facilities and equipment are adequate for safe and uniform racing conditions and that sufficient meet officials are present to provide fair and equitable officiating.
 - .B In consideration of facility conditions and available officials, determining what responsibilities will be joint, concurrent and coordinated.
 - .C Calling meeting(s) in accordance with the published meet announcement or no later than one half hour prior to the start of the meet. Attendance is to include the Meet Director, Starter, Stroke and Turn Judges, Head Timer, and the Head Coach or a representative from each participating team. At this time officials will be introduced and their areas of jurisdiction assigned. In addition, the ground rules for the conduct of the meet will be reviewed and clarified as necessary.
 - .D Dealing with any protests that may arise from the actual conduct of the meet in accordance with EFSL procedures.

**EFSL GENERAL MEET ANNEX
SWIMMING CODE AND TECHNICAL RULES**

301.2 Starter (TC)

- .1 The Starter is responsible to the Referee for ensuring that all swimmers achieve a fair start.
- .2 In addition to the duties and responsibilities as stated in the USA Swimming Rule Book, the Starter will additionally be responsible for:
 - .A Ensuring that the starting area and equipment is adequate and operable to provide safe and fair starting conditions.
 - .B Attending the meeting(s) called by the Referee prior to the start of the meet.
 - .C Implementing joint, concurrent and coordinated responsibilities between the Referee, Starter and Head Timer.
 - .D Providing Timers with a timer's brief and starting rehearsal, if not provided by the Head Timer.
 - .E Acting as a Relay take-off Judge as required.
- .3 False starts shall be handled in accordance with the appropriate USA Swimming Rule Book.

301.3 Stroke and Turn Judge (TC)

- .1 Stroke and Turn Judges are responsible to the meet Referee for judging the legality of competing swimmer strokes, turns and finishes in accordance with the US Swimming Rule Book.
- .2 They will cover their assigned area of jurisdiction watching for infractions of the stroke, turn and finish rules.
- .3 When an infraction is observed, one hand must be raised with palm open immediately for each infraction observed. On completion of the race, every attempt will be made to notify the swimmer charged with the infraction or the swimmer's coach of the infraction and the swimmer's Entry Card will be so annotated. Failure to notify does not negate the disqualification.
- .4 Stroke and Turn Judges will seek advice of the Meet Referee whenever necessary.
- .5 Stroke and Turn Judges will not entertain protests but will refer them directly to the meet Referee.
- .6 During Relay events, Stroke and Turn Judges may act as a relay take-off judges as directed by the Meet Referee and describe in the meet announcement.

301.4 Relay Take-Off Judge (TC)

- .1 Relay Take-Off Judges are responsible for ensuring relay swimmers make the proper relay exchange in accordance with the USA Swimming Rule Book.
- .2 They will station themselves so that they can clearly see both the touch of the incoming swimmer and the feet of the departing swimmer.

**EFSL GENERAL MEET ANNEX
SWIMMING CODE AND TECHNICAL RULES**

- .3 Relay exchanges are dual confirmation, the official shall not raise their hand when witnessing an infraction – they must confirm with the other Take-Off Judge to confirm the infraction before it is documented on the Entry Card.
- .4 On completion of the race, every attempt will be made to notify the swimmer committing the infraction or the swimmer's coach of the infraction and the swimmer's Entry Card will be so annotated. Failure to notify does not negate the disqualification.

301.5 Head Timer (TC)

- .1 The Head Timer duties are in accordance with the USA Swimming Rule Book and is responsible to the Referee for ensuring that timing of all events is conducted in a competent manner.
- .2 In addition the Head Timer shall:
 - .A Assign Timers to specific lanes, attempting to assign timers from different teams to each lane.
 - .B Maintain accountability of timing equipment.
 - .C Indicate who will be the Head Lane Timer in each lane and explain the special duties to those timers.
 - .D Run an extra watch (or two) during each heat as a backup in case one of the timers has a watch malfunction.

301.6 Clerk of Course/Statistician (TC)

- .1 The Clerk of Course duties shall be in accordance with the USA Swimming Rule Book. The EFSL has historically assigned the duties of Clerks of Course to the Team Statisticians and Head Marshals.
- .2 The Clerk of Course, is responsible for:
 - .A With his/her assistants (Marshals), checking competitors "in" to the marshalling area prior to each event.
 - .B Informing teams of entry seeding and lane assignments prior to the start of competition.
 - .C Adjusting entries in accordance with scratch procedures as described above and notifying the Referee.
 - .D With the Referee's approval, move competitors to another heat when that heat has less than the regulation number of competitors.
 - .E Collating meet results and determining placement and scoring as described above.
 - .F Reporting meet results as described above.

**EFSL GENERAL MEET ANNEX
SWIMMING CODE AND TECHNICAL RULES**

301.7 Marshals (TC)

- .1 Marshals shall:
 - .A Be assistants to the Clerk of Course.
 - .B Inform participants of their heat and lane assignments when they report to his/her position.
 - .C Control competitors from the time they are checked in until they are turned over to the Starter.
 - .D If instructed to do so by the Referee, scratch competitors who fail to report to the marshalling area when the event is called for marshalling.
 - .E Report any acts of unsportsmanlike conduct to the Referee.
 - .F Assist in maintaining quiet during starts.

A301.8 Statistician (TC)

- .1 The roles may vary team to team, but in general the team statisticians are responsible for the following:
- .2 Maintain
 - .A Analytical statistical data
 - .B Accurate list of team qualifiers
 - .C Team records (if applicable)
- .3 Home Meets
 - .A Prepare HyTek Meet Manager meet shell and distribute to the visiting teams
 - .B Import meet events into Team Manager
 - .C Import meet entries from all teams into Meet Manager and seed meet
 - .D Prepare meet programs and time cards
 - .E Time entry / verification
 - .F Submit results to EFSL and visiting teams
- .4 Away Meets
 - .A Import meet events into Team Manager
 - .B Submit meet entries to hosting team
 - .C Receive / Import meet results into Team Manager
- .5 General
 - .A Provide reports for swimmers and coaches
 - .B Review EFSL standings for accuracy

**EFSL GENERAL MEET ANNEX
SWIMMING CODE AND TECHNICAL RULES**

Part Four

Officiating Program

401.1 Purpose and Objectives (TC)

- .1 The purpose of the European Forces Swim League Officiating Program is to develop and maintain a standard of officiating within the League that will provide fair and equitable conditions of competition and promote uniformity.
- .2 The objectives of the Program are to:
 - .A Adapt the current USA Swimming Rules to EFSL requirements.
 - .B Develop and maintain League standards for training of officials.
 - .C Conduct officiating clinics and provide on-the-deck experience at the League and local team level to train, test and qualify the officials.
 - .D Maintain an adequate number of qualified officials to staff regular League meets and the Championships.
 - .E Set League Training Standards that will be the standard for conducting training of officials.

401.2 Administration and Officials Committees (TC)

- .1 The League Head Official will be responsible for overall Program administration and will maintain an Official Record of Qualifications for all League Officials.
- .2 Team Head Officials will be responsible for maintaining a Record of Qualifications for officials qualified at the team level and will provide the League Head Official with such information.
- .3 Officials Committees
 - .A May be convened by the League Head Official as required, virtually or physically.
 - .B The Committee will consist of a Chairman (normally the League Head Official) and designated League Referees (Likely Division Head Officials). Other members at large may serve as deemed necessary.
 - .C Committee responsibilities will be to:
 - (1) Develop procedures for the training, testing, and certification of officials,
 - (2) Develop and update League officiating standards,
 - (3) Develop and distribute training packages,
 - (4) Carry out other tasks as may be directed by the Technical Committee or League Council,
 - (5) Submit recommendations to the Technical Committee for approval.

401.3 Meet Official Categories (TC)

- .1 Administrative Personnel include: Team Head Official, Meet Director, Assistant Meet Director, Clerk of Course/Statistician, Marshal, Awards Clerk, Head Timer, Head Lane Timer, and Timer.

**EFSL GENERAL MEET ANNEX
SWIMMING CODE AND TECHNICAL RULES**

- .2 Official Personnel Include - Referee, Stroke and Turn Judge, Starter, DQ Judge and Place Judge.

401.4 League Head Official (TC)

- .1 The League Head Official and Referees will be responsible for ensuring that the objectives of the Program are carried out and maintained within their area of responsibility.
- .2 The League Head Official must be a certified Referee with at least one season experience.
- .3 The League Head Official is appointed at the Technical meeting in accordance with EFSL Bylaws for a two-year term. He/She may be reappointed.
- .4 The League Head Official is responsible for:
 - .A Convening officials committees as required.
 - .B Conducting officiating clinics.
 - .C Maintaining an Official Record of Qualifications for all League Officials.
 - .D Assigning officials for league Championship Meets.
 - .E Giving guidance to Referees and Team Head Officials in officiating matters.
 - .F The League Head Official will train the Divisional Head Officials.
 - .G Advising the Technical Committee and League Council in officiating matters, and
 - .H Other responsibilities as may be assigned.

401.5 Division Head Officials (TC)

- .1 Each Division will have a Division Head Official.
- .2 The League Head Official will approve and train all Division Head Officials.
- .3 The Division Head Officials will train and mentor all other Officials within their Division, using common League Standards and the provided training packages.

401.6 Team Head Officials (TC) (sometimes called Team Contact Official)

- .1 The Team Head Official will be responsible to the League Head Official for dissemination of Official's information to the team's officials and ensuring that the objectives of the Program are carried out and maintained within their Team.
- .2 Prerequisites: A Team Head Official should be the most qualified Official on the team and is the team's point of contact for Officials information.
- .3 Selection: A Team Head Official is nominated by the team, with approval by the Division Head Official and notified to the League Head Official on the Team's Official Record.
- .4 The Team Head Official should;

**EFSL GENERAL MEET ANNEX
SWIMMING CODE AND TECHNICAL RULES**

- .A Conduct officials clinic and refresher training, or coordinate training for local team.
- .B Maintain a Record of Qualifications at the Team level and providing the League & Division Head Official with such information.
- .C Provide officials for "home" or "away" meets as required or requested.
- .D Advise the local Team Governing Body in officiating matters.
- .E accept other responsibilities as may be assigned.

401.7 Referees/Head Officials (TC)

- .1 Referees must be certified through the EFSL training program or a certified Referee within another swimming organization (i.e. USA Swimming, FINA) with the approval of the League Head Official.
- .2 Referees are responsible for attending League Officials Committee meetings and officiating clinics as required.
- .3 Must meet specific training requirements as listed below.

Article 402 - Meet Officials Training Standards

402.1 Purpose (TC)

League Training Standards are the controlling documents by which the training of meet officials is to be conducted at League and the local Team level. They provide minimum standards for the progressive training of meet officials in a uniform manner.

402.2 Levels of Qualifications (TC)

- .1 Administrative Meet Personnel will advance through levels of formal training and experience as follows;
 - .A Level 1A - Team Head Official, Meet Director, Assistant Meet Director, Clerk of Course/Statistician, Marshal, Awards Clerk, Head Timer, Head Lane Timer, and Timer
 - .B Level 2A - Clerk of Course/Statistician. Due to the technical expertise required for Statisticians, training at Pre-Season Statistician Training Courses is a recommended event for each team.
- .2 Meet Officials Training Standards shall be as follows;
 - Level 1B - 1B Clinic, Stroke and Turn Judge.
 - Level 2B - 2B Clinic, Starter.
 - Level 3B - 3B Clinic, Referee (Head Official)
- .3 Advancement will progress from the lowest to highest levels upon completion of a minimum required training and experience for each successive level.

**EFSL GENERAL MEET ANNEX
SWIMMING CODE AND TECHNICAL RULES**

- .4 Consideration will be given for previous training and/or experience received outside of the EFSL Officiating Program.

402.3 Training Methods (TC)

- .1 Starters and Referees will be by means of formal instruction and testing and/or supervised experience (shadowing) at regular meets and mentoring.
- .2 Officiating clinics will provide theoretical knowledge and practical exposure to the various officiating positions.
- .3 Testing for each officials certification level will be administered by the Division or League Head Official and completed any time prior to certification at that level.
- .4 Statistician training will software familiarization and practical technical exposure to the entry, results tabulation, scoring and documentation duties for a meet.
- .5 Below is the recommended minimum period of experience for each position under the supervision and guidance of a qualified meet personnel. Exceptions to these recommendations may be approved for Stroke/Turn Judge by the Division Head Official and for Starter or Referee by the League Head Official.
 - .A Stroke/Turn Judge: Shadow during 3 standard leagues meets
 - .B Starter: 1 year as a Stroke/Turn Judge and Starter shadow at 3 standard leagues meets
 - .C Referee: 1 year as a Starter and Referee shadow at 3 standard league meets.
 - .D Statistician: Experience as a Marshal, Timer, Award Clerk and Statistician Shadow at 1 standard league meet.

402.4 Certification of Officials (TC)

- .1 Attendance at officiating clinics and on-deck experience will be documented by the appropriate qualified officials and registered with the Team/League as required in this Annex.
- .2 Qualification for each officiating position will be certified by the Division or League Head Official and recorded with the Team/League as required in this Annex.
- .3 Officiating Clinics will:
 - .A Provide training and experience in conjunction with on-the-deck experience (shadowing) at regular meets and mentoring for Starters and Referees.
 - .B Provide theoretical knowledge and practical exposure to the various officiating positions.
 - .C be accompanied by a minimum period of on-the-deck experience for each position, under the supervision and guidance of a qualified official appropriate to each position.

**EFSL GENERAL MEET ANNEX
SWIMMING CODE AND TECHNICAL RULES**

Attachment 1 Standard Meet Announcement

***Replace Bold Italics text with information appropriate to your meet

Sponsored by: Participants:	<i>Your swim team</i> <i>Visiting Teams</i>
Dates & Times:	<i>Date of the meet, 15 Sep 20XX</i> <i>Set-up: 08:00</i> <i>Warm-up: 09:00</i> <i>Start: 10:00</i> <i>End: ~ 16:30</i>
Location:	<i>Precise location of your pool – Address for a GPS or map reading, recommend including GPS coordinates</i>
Directions: From <i>Name of nearest city</i> From <i>another direction or town</i>	<i>Include directions from the nearest Highway from that city</i> <i>Again another location for a start reference.</i>
Pool Course:	Indoor, heated, 25m, 6 lanes, fresh water, non-turbulent, competition single lane lines, deep & shallow ends, with competition starting blocks at the deep end.
Eligibility:	Open to all registered members of the EFSL.
Points of Contact:	Pool <i>Phone number include the Country Code</i> Meet director <i>Name and Phone number (+ Country Code)</i> Meet coordinator <i>Name and Phone number (+ Country Code)</i> Head Official <i>Name and Phone number (+ Country Code)</i> Head Coach <i>Name and Phone number (+ Country Code)</i> Head Statisticians <i>Name and Phone number (+ Country Code)</i>
Entry offered: Entry Limits	EFSL Standard meet shell, <i>Depending on the time you have the pool for – may be restricted</i>
Entry Forms:	Meet Manager software program will be used to conduct the meet. Entries are due to the <i>Team Name</i> Statisticians, <i>latest Date and time</i> email: <i>Include email address to send entries to</i> Submit final scratches NLT <i>time and date of morning of meet</i> . No additions will be made on day of meet. Scoring is done according to standard EFSL scoring

**EFSL GENERAL MEET ANNEX
SWIMMING CODE AND TECHNICAL RULES**

Scoring:	Done electronically, No splash fees.
Entry Fees:	
Officials:	Referee: <i>Name</i> Starter: <i>Name</i> Head Timer: <i>Name</i> Each team is asked to provide 4 timers, 2 S&T Judges (<i>Adjust as required for your meet</i>)
Refreshments:	Snack bar and refreshments are available @ the pool. Drinks for officials are free. Payment in Dollars <i>and/or</i> Euros are accepted.
Additional Information:	Due to increased security at the Pool, we request you provide a roster of all persons who plan to attend the meet <i>by Date and time</i> . We suggest a team roster with both swimmers and parents name (whether they plan to attend or not). If those attending are military ID card holders, access should not be a problem. If, however, persons attending are civilian or do not possess an ID, it is imperative that we pass their names, ID and/or passport numbers to the security police. No glass containers of any kind are to be brought into the pool complex
Parking:	Parking area available in front of the pool.
Security:	Please bring military ID and/or passport.
Misc.	Storage lockers at the Pool require a 1 Euro coin . If possible, bring your own as the pool cashier usually has a very limited number, if any. No photography permitted behind start blocks.

**EFSL GENERAL MEET ANNEX
SWIMMING CODE AND TECHNICAL RULES**

Attachment 2 EFSL Standard Meets

Order of Events 25 meter / Short Course Pool

Event#	Event Description
1	Mixed 10 & Under 200 Medley Relay
2	Mixed 11-12 200 Medley Relay
3	Mixed 13-14 200 Medley Relay
4	Mixed 15-19 200 Medley Relay
5	Girls 12 & Under 100 IM
6	Boys 12 & Under 100 IM
7	Girls 13-19 200 IM
8	Boys 13-19 200 IM
9	Girls 12 & Under 50 Freestyle
10	Boys 12 & Under 50 Freestyle
11	Girls 13-19 50 Freestyle
12	Boys 13-19 50 Freestyle
13	Girls 12 & Under 50 Butterfly
14	Boys 12 & Under 50 Butterfly
15	Girls 13-19 100 Butterfly
16	Boys 13-19 100 Butterfly
17	Girls 12 & Under 200 IM
18	Boys 12 & Under 200 IM
19	Girls 13-19 200 Freestyle
20	Boys 13-19 200 Freestyle
21	Girls 12 & Under 50 Backstroke
22	Boys 12 & Under 50 Backstroke
23	Girls 13-19 100 Backstroke
24	Boys 13-19 100 Backstroke
25	Girls 12 & Under 100 Freestyle
26	Boys 12 & Under 100 Freestyle
27	Girls 13-19 100 Freestyle
28	Boys 13-19 100 Freestyle
29	Girls 12 & Under 50 Breaststroke
30	Boys 12 & Under 50 Breaststroke
31	Girls 13-19 100 Breaststroke
32	Boys 13-19 100 Breaststroke
33	Girls 12 & Under 200 Freestyle
34	Boys 12 & Under 200 Freestyle
35	Girls 13-19 400 Freestyle
36	Boys 13-19 400 Freestyle
37	Mixed 10 & Under 200 Freestyle Relay
38	Mixed 11-12 200 Freestyle Relay
39	Mixed 13-14 200 Freestyle Relay
40	Mixed 15-19 200 Freestyle Relay

**EFSL GENERAL MEET ANNEX
SWIMMING CODE AND TECHNICAL RULES**

ATTACHMENT 3

EFSL Pentathlon Order of Events

- 1 Girls 12 & Under 50 Butterfly
- 2 Boys 12 & Under 50 Butterfly
- 3 Girls 13-19 100 Butterfly
- 4 Boys 13-19 100 Butterfly
- 5 Girls 12 & Under 50 Backstroke
- 6 Boys 12 & Under 50 Backstroke
- 7 Girls 13-19 100 Backstroke
- 8 Boys 13-19 100 Backstroke
- 9 Girls 12 & Under 100 IM
- 10 Boys 12 & Under 100 IM
- 11 Girls 13-19 200 IM
- 12 Boys 13-19 200 IM
- 13 Girls 12 & Under 50 Breaststroke
- 14 Boys 12 & Under 50 Breaststroke
- 15 Girls 13-19 100 Breaststroke
- 16 Boys 13-19 100 Breaststroke
- 17 Girls 12 & Under 50 Freestyle
- 18 Boys 12 & Under 50 Freestyle
- 19 Girls 13-19 100 Freestyle
- 20 Boys 13-19 100 Freestyle

**EFSL GENERAL MEET ANNEX
SWIMMING CODE AND TECHNICAL RULES**

Attachment 4 - Short Distance Championships

Order of Events - Day One

Event #	Event Name		
		40	Boys 11 Year Olds 50 Breaststroke
1	Girls 8 & Under 100 IM	41	Girls 12 Year Olds 50 Breaststroke
2	Boys 8 & Under 100 IM	42	Boys 12 Year Olds 50 Breaststroke
3	Girls 9 Year Olds 100 IM	43	Girls 13-14 100 Breaststroke
4	Boys 9 Year Olds 100 IM	44	Boys 13-14 100 Breaststroke
5	Girls 10 Year Olds 100 IM	45	Girls 15-16 100 Breaststroke
6	Boys 10 Year Olds 100 IM	46	Boys 15-16 100 Breaststroke
7	Girls 11 Year Olds 100 IM	47	Girls 17-19 100 Breaststroke
8	Boys 11 Year Olds 100 IM	48	Boys 17-19 100 Breaststroke
9	Girls 12 Year Olds 100 IM	49	Girls 8 & Under 200 Freestyle
10	Boys 12 Year Olds 100 IM	50	Boys 8 & Under 200 Freestyle
11	Girls 13-14 100 Freestyle	51	Girls 9 Year Olds 200 Freestyle
12	Boys 13-14 100 Freestyle	52	Boys 9 Year Olds 200 Freestyle
13	Girls 15-16 100 Freestyle	53	Girls 10 Year Olds 200 Freestyle
14	Boys 15-16 100 Freestyle	54	Boys 10 Year Olds 200 Freestyle
15	Girls 17-19 100 Freestyle	55	Girls 11 Year Olds 200 Freestyle
16	Boys 17-19 100 Freestyle	56	Boys 11 Year Olds 200 Freestyle
17	Girls 8 & Under 50 Butterfly	57	Girls 12 Year Olds 200 Freestyle
18	Boys 8 & Under 50 Butterfly	58	Boys 12 Year Olds 200 Freestyle
19	Girls 9 Year Olds 50 Butterfly	59	Girls 13-14 400 Freestyle
20	Boys 9 Year Olds 50 Butterfly	60	Boys 13-14 400 Freestyle
21	Girls 10 Year Olds 50 Butterfly	61	Girls 15-16 400 Freestyle
22	Boys 10 Year Olds 50 Butterfly	62	Boys 15-16 400 Freestyle
23	Girls 11 Year Olds 50 Butterfly	63	Girls 17-19 400 Freestyle
24	Boys 11 Year Olds 50 Butterfly	64	Boys 17-19 400 Freestyle
25	Girls 12 Year Olds 50 Butterfly	65	Mixed 10 & Under 200 Medley Relay
26	Boys 12 Year Olds 50 Butterfly	66	Mixed 11-12 200 Medley Relay
27	Girls 13-14 100 Butterfly	67	Mixed 13-14 200 Medley Relay
28	Boys 13-14 100 Butterfly	68	Mixed 15-19 200 Medley Relay
29	Girls 15-16 100 Butterfly		
30	Boys 15-16 100 Butterfly		
31	Girls 17-19 100 Butterfly		
32	Boys 17-19 100 Butterfly		
33	Girls 8 & Under 50 Breaststroke		
34	Boys 8 & Under 50 Breaststroke		
35	Girls 9 Year Olds 50 Breaststroke		
36	Boys 9 Year Olds 50 Breaststroke		
37	Girls 10 Year Olds 50 Breaststroke		
38	Boys 10 Year Olds 50 Breaststroke		
39	Girls 11 Year Olds 50 Breaststroke		

**EFSL GENERAL MEET ANNEX
SWIMMING CODE AND TECHNICAL RULES**

ATTACHMENT 4 - Short Distance Championships

Order of Events - Day Two

Event #	Event Name		
		103	Girls 9 Year Olds 50 Backstroke
69	Girls 8 & Under 200 IM	104	Boys 9 Year Olds 50 Backstroke
70	Boys 8 & Under 200 IM	105	Girls 10 Year Olds 50 Backstroke
71	Girls 9 Year Olds 200 IM	106	Boys 10 Year Olds 50 Backstroke
72	Boys 9 Year Olds 200 IM	107	Girls 11 Year Olds 50 Backstroke
73	Girls 10 Year Olds 200 IM	108	Boys 11 Year Olds 50 Backstroke
74	Boys 10 Year Olds 200 IM	109	Girls 12 Year Olds 50 Backstroke
75	Girls 11 Year Olds 200 IM	110	Boys 12 Year Olds 50 Backstroke
76	Boys 11 Year Olds 200 IM	111	Girls 13-14 100 Backstroke
77	Girls 12 Year Olds 200 IM	112	Boys 13-14 100 Backstroke
78	Boys 12 Year Olds 200 IM	113	Girls 15-16 100 Backstroke
79	Girls 13-14 200 IM	114	Boys 15-16 100 Backstroke
80	Boys 13-14 200 IM	115	Girls 17-19 100 Backstroke
81	Girls 15-16 200 IM	116	Boys 17-19 100 Backstroke
82	Boys 15-16 200 IM	117	Girls 8 & Under 100 Freestyle
83	Girls 17-19 200 IM	118	Boys 8 & Under 100 Freestyle
84	Boys 17-19 200 IM	119	Girls 9 Year Olds 100 Freestyle
85	Girls 8 & Under 50 Freestyle	120	Boys 9 Year Olds 100 Freestyle
86	Boys 8 & Under 50 Freestyle	121	Girls 10 Year Olds 100 Freestyle
87	Girls 9 Year Olds 50 Freestyle	122	Boys 10 Year Olds 100 Freestyle
88	Boys 9 Year Olds 50 Freestyle	123	Girls 11 Year Olds 100 Freestyle
89	Girls 10 Year Olds 50 Freestyle	124	Boys 11 Year Olds 100 Freestyle
90	Boys 10 Year Olds 50 Freestyle	125	Girls 12 Year Olds 100 Freestyle
91	Girls 11 Year Olds 50 Freestyle	126	Boys 12 Year Olds 100 Freestyle
92	Boys 11 Year Olds 50 Freestyle	127	Girls 13-14 200 Freestyle
93	Girls 12 Year Olds 50 Freestyle	128	Boys 13-14 200 Freestyle
94	Boys 12 Year Olds 50 Freestyle	129	Girls 15-16 200 Freestyle
95	Girls 13-14 50 Freestyle	130	Boys 15-16 200 Freestyle
96	Boys 13-14 50 Freestyle	131	Girls 17-19 200 Freestyle
97	Girls 15-16 50 Freestyle	132	Boys 17-19 200 Freestyle
98	Boys 15-16 50 Freestyle	133	Mixed 10 & Under 200 Freestyle Relay
99	Girls 17-19 50 Freestyle	134	Mixed 11-12 200 Freestyle Relay
100	Boys 17-19 50 Freestyle	135	Mixed 13-14 200 Freestyle Relay
101	Girls 8 & Under 50 Backstroke	136	Mixed 15-19 200 Freestyle Relay
102	Boys 8 & Under 50 Backstroke		

**EFSL GENERAL MEET ANNEX
SWIMMING CODE AND TECHNICAL RULES**

ATTACHMENT 5 - Long Distance Championships Order of Event

Day 1 Events

- 1 Girls 11-19 800 Freestyle
- 2 Boys 11-19 800 Freestyle
- 3 Girls 11-12 400 Freestyle
- 4 Boys 11-12 400 Freestyle
- 5 Girls 10 & Under 800 Freestyle
- 6 Boys 10 & Under 800 Freestyle
- 7 Girls 11-19 400 IM
- 8 Boys 11-19 400 IM

Day 2 Events

- 9 Boys 10 & Under 400 Freestyle
- 10 Girls 10 & Under 400 Freestyle
- 11 Boys 11-19 1500 Freestyle **
- 12 Girls 11-19 1500 Freestyle **

** Heats from events 11 and 12 may alternate between boys and girls from slowest to fastest or fastest to slowest.

**EFSL GENERAL MEET ANNEX
SWIMMING CODE AND TECHNICAL RULES**

ATTACHMENT 6 - EFSL DISQUALIFICATION CODES

2018-2019

Butterfly

- 1A Alternating Kick
- 1B Kick breaststroke type
- 1C Scissors kick
- 1E Non-simultaneous arms
- 1F Arms underwater recovery /
Did not bring arms forward
“over” water
- 1J One hand touch
- 1K No touch
- 1L Non-simultaneous touch
- 1M Shoulders not at or past
vertical towards breast off the
wall
- 1N Head did not break the surface
by 15m
- 1O More than one arm pull under
water after start or turn

Backstroke

- 2I No touch at turn
- 2J Non-continuous turning action
- 2K Not on back off wall
- 2L Shoulders past vertical toward
breast
- 2N Head did not break the surface
by 15m
- 2Q Did not finish on back

Breaststroke

- 3A Alternating Kick
- 3B Non-simultaneous kick
- 3C Downward butterfly kick
- 3D Scissors kick / Feet not turned
out
- 3E Hands brought beyond the
hipline during stroke
- 3F Non-simultaneous arms
- 3G Arms two strokes underwater
at start or after turn
- 3H Arms not in same horizontal
plane
- 3I Elbows recovered “over” water
- 3J One hand touch
- 3K No touch

Breaststroke (Cont)

- 3L Non-simultaneous touch
- 3M Shoulders not at or past
vertical towards breast off the
wall
- 3P Head under for 2 or more
strokes
- 3Q Incomplete stroke cycle other
than one pull followed by one
kick

Freestyle

- 4K No touch on turn
- 4N Head did not break the surface by
15m

IM

- 5P Strokes out of sequence
– (Fly / Back/Breast / Free)
- 5Q Freestyle swum as backstroke,
breaststroke or butterfly

Relay (BK / BRST / FLY / FR)

- 61 Stroke Infraction swimmer #1
- 62 Stroke Infraction swimmer #2
- 63 Stroke Infraction swimmer #3
- 64 Stroke Infraction swimmer #4
- 66 Early take-off swimmer #2
- 67 Early take-off swimmer #3
- 68 Early take-off swimmer #4
- 6P Changed order of swimmers
- 6Q Not enough swimmers

Miscellaneous DQ

- 7O False start
- 7P Declared false start
- 7Q Did not finish
- 7R Delay of meet
- 7S Entered water without permission
- 7T Interfered with another swimmer
- 7U Walking on or springing from
bottom
- 7V Standing on bottom (except FR)
- 7W Pulling on lane line
- 7X Finish in wrong lane
- 7Y Unsportsmanlike conduct