

Central Arkansas Swim League



Rulebook

Revised March 1, 2017

Table of Contents

Introduction.....	1
By-laws.....	2
Luis Gabriel Sportsmanship Award.....	4
League Rules.....	5
USA Swimming Stroke & Turn Rules.....	9
Swim Meet Order of Events.....	14
Time Standards.....	15
Pool Locations and Notes.....	16
Coach Annual Acknowledgement Statement ¹	18

¹ Each team is responsible for ensuring their coaches review and follow the regulations stated in the Central Arkansas Swim League Rulebook. The annual acknowledgement statement provides a resource each team may use to document that their coaches have read the Rulebook, and that they agree to abide by the regulations stated therein. The statements are designed to be signed annually, and may remain on file with each team.

Introduction

Welcome to the Central Arkansas Swim League (CASL). This guide has been prepared in an effort to better inform new and returning families of the opportunities and rules governing the League. For over 25 years CASL has existed to promote friendly competition between our member teams, in a family atmosphere that promotes individual/team competition and sportsmanship. The key to the success of our league is participation of every family in helping run swim meets and assisting in the development of their respective clubs. We encourage you to contact the parent representative of your club to discuss volunteer opportunities that will help meet the many needs of running your team.

Dual swim meets are held on Saturday mornings from the beginning of June to mid-July. Meets are not held during the July 4th holiday weekend. Each meet will start promptly at 8:00AM and swimmers are encouraged to arrive by 7:00AM for warm-ups. Team scores are kept at each meet, and a league champion will be crowned at the Meet of Champs based on dual meet records. Once received, weekly results will be posted on the League's website at: <http://www.teamunify.com/Home.jsp?team=caslrec>. In addition to weekly meet results, the League's website contains quite a bit of helpful information, including contact information for those involved with the League.

All swimmers are divided into Bronze, Silver, Gold and Platinum divisions in each event based on their best time in the respective event. The time standards for each division are included on **page 15**. As a general rule, new swimmers and all returning swimmers who did not swim in the prior year's Meet of Champs will start the season in the Bronze division. Swimmers who swam in the last year's Meet of Champs will start the season with the time they achieved at the Meet of Champs. Some teams may decide to include all times from the prior year for returning swimmers to seed the first meet properly, but that is up to the individual teams. However, these options should only be used until a swimmer achieves a current time. By competing at weekly dual meets, swimmers can improve their times and move from Bronze to Silver to Gold to Platinum. The four division system allows more opportunities for personal achievement and recognition.

The swim meet order of events is included on **page 14**, but is subject to change by the host team. Swimmers need to check with their coaches to see what events they are ready to swim at the dual meets. In the event that your child will be unable to attend a swim meet, it is your responsibility to communicate that to your team's designated person, whether it be a coach or one of the parent volunteers.

The final swim meet of the summer is the Meet of Champs, held at the Donaghey Student Center at the University of Arkansas at Little Rock (UALR). To qualify to swim an event at the Meet of Champs, a swimmer must have achieved a Silver, Gold or Platinum time, or be ranked among the fastest eight Bronze swimmers for that event within their respective age group. Only times achieved during the current season are eligible. Rankings will be posted to the CASL website during the course of the season.

Good luck this summer and please remember that parent volunteerism is the key to a successful swim season. Support your team and CASL by helping at swim meets, supporting your team coach and encouraging your children to work hard and practice good sportsmanship.

Sincerely,
Your CASL Board

By-laws

I. Name

The name of the association is the Central Arkansas Swim League (CASL).

II. Purpose

The purpose of the Central Arkansas Swim League is to provide the opportunity to improve swimming skills at all levels through the participation in a competitive swimming program.

III. Objectives

The objectives of the Central Arkansas Swim League are, as follows:

1. Encourage proper stroke technique
2. Provide recognition to swimmers for skill improvement
3. Encourage growth and development of individuals
4. Provide an instructional swim program in competitive swimming
5. Encourage GOOD SPORTSMANSHIP

IV. Sportsmanship Award

Each year one team will be honored with the Luis Gabriel Sportsmanship Award (see [page 4](#)).

V. Dues

Dues will be collected, from each team to cover the cost of operations in CASL. The amount of dues will be determined by the representatives of the League before the start of the season. If a team doesn't pay their dues in the current year, they will be dismissed from the League for the following year. Dues are normally used for the Meet of Champs expenses.

VI. Membership

Each participating team is represented in the League by two people with one vote per team. Any team wishing to participate in the Central Arkansas Swim League must notify the League President no later than May 1st of the swim year. No teams will be allowed to join after the May 1st deadline.

VII. Scheduled Meetings

The league members will have a preseason meeting during the month of March of each year. There will be another scheduled meeting the week prior to the Meet of Champs for lane assignments. The post season meeting will be held at the discretion of the League President or Vice-President.

VIII. Swim Meets

Swim meets will be scheduled by the President of the League. The season will always include the Meet of Champs. Rain-outs should be made-up, and will be if possible by mutual agreement of the parent representatives. If a rain-out is not made up, a tie is declared for purposes of league standing. No-shows are not allowed. One no-show will result in probation for the remainder of the season. A second no-show will result in dismissal from the League for the following year. Any cancellations must be discussed with the other team by noon before the meet when the lane slips are due.

By-laws (cont.)

VIII. Team Points

At each meet, points will be awarded for swimmers placing in the top three of each event in each division, with 1st place receiving 5 points, 2nd place receiving 3 points, and 3rd place receiving 1 point. The 1st place team for relays in each age group will receive 7 points, and is the only team that will receive points in each age group for this event. The team that accumulates the most points during the meet shall be declared the winner.

X. Changes

The by-laws and rules may be changed by a majority vote of the parent representatives on the League Board prior to the first regular meet. Rules may not be changed any time after the first meet.

XI. Swimmer Eligibility

The Central Arkansas Swim League is open to all swimmers meeting their team's requirements for participation. Each swimmer must be included on the team roster on file with the League Secretary/Treasurer by Sunday at midnight following the second meet of the season. The Secretary/Treasurer will send out each team's roster to all other parent representatives in the League.

XII. Officers

There will be a President, Vice-President, Secretary and Treasurer. The President will schedule all meetings and swim meets, and will chair all meetings. The Vice-President will assist the current President, and assume the President's role following his/her two-year term. The Secretary will write checks and take minutes at all meetings. The Treasurer will secure funds raised through membership fees to the League, balance all accounts, and provide an up-to-date statement at each meeting.

Luis Gabriel Sportsmanship Award

The Central Arkansas Swim League recognizes one team each year with the Luis Gabriel Sportsmanship award. Mr. Gabriel was a volunteer coach for the Northside YMCA. He taught young children how to swim and took them on special trips to the old YMCA in Little Rock to work with them. He truly cared about every kid and knew everyone by name. He was a great leader, motivator and dedicated individual. He unfortunately passed away during the prime of his life due to a sudden illness. We remember his great name with our Sportsmanship Award.

Ten tips to help teach your children good sportsmanship are, as follows:

1. Show respect to yourself by treating others the way you want to be treated.
2. Respect not only your teammates, but also your opponents.
3. Respect your coaches and the officials.
4. Respect the rules.
5. Always play fair.
6. Accept the judgment calls of the coaches and the officials without argument.
7. Offer encouragement to teammates, especially when they make mistakes.
8. Forgive yourself when you make a mistake and get right back into the game.
9. Lose without pouting.
10. Win without gloating.

League Rules

1. The season will consist of the regularly scheduled dual meets plus the Meet of Champs.
2. All swimmers, with the exception of a special needs swimmer, will be required to swim all events unaided. No one is allowed to be in the water assisting younger swimmers. They must be able to swim on their own. At minimum, assisting any swimmer that is not a special needs swimmer will result in a no time exhibition swim for the swimmer (disqualification (DQ) is not required).
3. The eight bronze swimmers in each event, that record the fastest times during the season will qualify for the Meet of Champs. All Platinum, Gold and Silver swimmers automatically qualify for the Meet of Champs.
4. Only eight lanes will be utilized at the Meet of Champs.
5. A swimmer's age as of June 1st determines the age group that they will compete in for the entire summer. Age divisions are: 6 & under, 7-8, 9-10, 11-12, 13-14, 15 & up.
6. Each age group will be divided into four divisions - Bronze, Silver, Gold and Platinum. These divisions are determined by the individual times. Once a Silver time, Gold time or Platinum time is achieved during a regular meet, a swimmer can no longer swim Bronze in that event.
7. Each team must have a roster of swimmers with the birthdates available at every meet. The roster must be finalized and turned into the Secretary/Treasurer by Sunday at midnight following the 2nd meet of the season. No team or swimmer shall be allowed to compete without meeting this requirement.

Any team or swimmer found to have participated in a swim meet without meeting this requirement shall have their times and any points scored from the competition nullified.

8. Awards will be presented for ALL regularly scheduled meets for 1st through 8th place in each division.
9. Swim meet entries must be turned into the host team by noon two days prior to the swim meet. It is the responsibility of the Parent Representative or Coach of each team to ensure "no shows" are kept to a minimum. Deck entries the day of the swim meet will only be accepted at the discretion of the host team.

At the Meet of Champs, all qualified swimmers will automatically be entered. Each team is REQUIRED to notify the entry coordinator of any scratches no later than 5 days prior to the meet.

10. Responsibility for each swim meet will be divided equally between teams. The following assignments will be made for each team:
 - A. Meet Referee – Host Team
 - B. Starter – Host Team
 - C. Scorekeeper – One per Team
 - D. Place Judges – Two per Team
 - E. Recorder – Host Team
 - F. Timers – Two per Lane, Each from Different Teams

League Rules (cont.)

- G. Head timer – Host Team
 - H. Clerk of Course – Head Clerk, Host Team; Assistants, One per Team
 - I. Stroke & Turn judges – Two per Team
 - J. Announcer – Host Team
 - K. Runners – Two per Team
 - L. Safety Marshall – Host Team
11. Each team should have at least one representative at each meet. There will be no exceptions to this rule.
12. USA Swimming Rules for Stroke and Turn outlined on **pages 9 – 13** will apply, with the following exceptions for the kickboard event:
- A. Kickboard is an un-scored event.
 - B. One hand must be on the edge of the pool for the start.
 - C. Two hands must be on the kickboard always.
 - D. Boards must be held at arm's length, and hand placement on the boards cannot exceed half the length of the board.
 - E. Finish is when the kickboard touches the wall.
13. An appeal or complaint must be submitted in writing to the CASL President no later than three days following the swim meet.
14. The first false start will result in a warning and the second false start may result in a disqualification (DQ).
15. Stroke and Turn judges must raise their arm when they see an infraction. Stroke and Turn judges will notify the swimmer of the reason for the disqualification (DQ) on a DQ slip that is given to each team's Parent Representative at the end of the swim meet.
- A. The Stroke and Turn judge will write the reason for the DQ on the DQ slip.
 - B. The judge must initial the DQ slip. If it is not initialed, it will be invalid and the swimmer will be given the benefit.
 - C. All Stroke and Turn judges and starters must attend a clinic in the current year to be eligible to judge.
16. Timers will write both times down on the lane slip. The fastest time will be used by the recorder. **DO NOT AVERAGE TIMES!!!** If there is a dispute in the order of the finish and both sets of place judges concur, lane slips may be used to alter the final time or order of the finish. If touch pads are used at the Meet of Champs, then they will take precedence, and place judges will not be used.

League Rules (cont.)

17. All dual meet races will be timed using digital stopwatches. Times will be carried to the hundredth of a second.
18. Qualifying times on the lane slips must be in yard times only. To convert a meter time to yard time, divide the meter time by 1.11 (NOTE: Generally, times are converted when they are entered into Meet Manager, a software program used by all member teams, not on lane slips).
19. Swimmers who competed in the previous season's Meet of Champs shall have their times from that meet carried to the next season as entry times for the first swim meet. These entry times may not be used to qualify for the current season's Meet of Champs. In addition, a best time will carry over from one season to the next for purpose of entry times at all dual meets. In the event a swimmer has no previous league times but has swimming experience from outside the League (e.g. high school), the head coach should determine an entry time consistent with the swimmer's skill level. All attempts should be made to limit the number of no time (NT) entries for any dual meet. However, the Meet of Champs entry times must come from the current season.
20. Please notify all officials of a swimmer with disabilities before the start of the race.
21. CASL records for swimming events may be set only at the Meet of Champs.
22. Flags across the pool for backstroke markers must be set at equal distances from the end of the pool, 5 yards or 5 meters depending on the length of the pool.
23. The host team at every swim meet will designate a Safety Marshall who is responsible for monitoring the swim meet and enforcing the safety guidelines for the League and the rules of the facility.
24. Warm-ups: Each team will be assigned warm-up lanes by the host team. All swimmers are required to enter the water feet first during the first 20 minutes of warm-ups. Racing dives are permitted in designated one-way lanes only during the last 10 minutes of warm-ups.
25. Swimmers are required to enter the water feet first except in the start of freestyle, breaststroke or butterfly.
26. No swimmers or parents are allowed to enter the water to stop swimmers following a false start.
27. No technical (Fastskin, FS Pro, LZR, etc.) swimsuits are allowed. Swimmers should wear traditional jammers for the boys and traditional suits for the girls, unless this interferes with religion. Please see pictures below for examples of banned suits.

Female Technical Suits



Male Technical Suits



League Rules (cont.)

28. If a swimmer is a year round swimmer and competes with another team, along with competing for a CASL team, they must practice with both teams, and be on the CASL team's roster.
29. Swimmers can only enter 4 events and a relay per meet. If the swimmer is not swimming a relay, they are still only allowed to swim in 4 events. However, if they qualify for the Meet of Champs for all 5 events, they can swim those 5 events at the Meet of Champs along with the relay.
30. All age divisions will swim a 100 Individual Medley, which consists of all four strokes in the order of Butterfly, Back, Breast and Free.
31. The League will carry insurance for all swimmers, board members and representatives.
32. Three (3) developmental meets may be added on a weeknight for young swimmers not ready for full competition. The events will be the 25 kickboard, 25 freestyle and 25 backstroke. Each meet will be open to all teams, will not have age groups, will not be pre-seeded, and will not have disqualifications. All swimmers will receive a participation award for each event they swim. Each team will be assigned a lane, and will be responsible for providing timers having a knowledge of proper stroke technique for their lane. Timers or stroke and turn judges will write the name of each swimmer who completes their swim, hand them their award and hand them any written stroke comments.
33. No meet may extend beyond 1:30PM unless delayed by the weather ("Mercy Rule").
34. No swimmer may enter the Backstroke, Breaststroke, Butterfly, and/or Individual Medley (IM) events unless they are "reasonably close" to achieving the skills necessary to compete in the event in a legal manner.
35. Disqualifications will be enforced uniformly across all age groups, and the practice of "Move Back" for the 6 and under age group will no longer be permitted.
36. The Individual Medley (IM) will be the last event of a meet, unless the host team schedules relays as the last event, with all age groups swimming together. However, results and scoring for the IM will be divided into the following age groups: 6 and Under, 7-8, 9-10, 11-12, 13-14, and 15-18.
37. Freestyle Relay
 - A. All relay teams must have 4 swimmers (same sex only).
 - B. Teams may enter as many relays as they wish, but only 1 team will score.
 - C. Relay entries are submitted with the teams' individual entries and will be pre-seeded. The fastest relay team shall be labeled "A," the next fastest shall be labeled "B" and so forth. Entry times shall not be used for relays. Coaches must turn in the names of the swimmers on each relay to the clerk of the course by the end of the backstroke event.
 - D. Swimmers may only swim one relay.
 - E. Relay age groups are 8 and under, 12 and under, 18 and under and parent relay (parents with kids on a team only).
 - F. Scoring is 7 points for the first place team only. The parent relay does not score.
38. There will be no "ankle holds" for backstroke. Swimmers will not be allowed to hold the ankles of anyone for backstroke take-off. Each swimmer will need to take-off from the wall.

USA Swimming Stroke & Turn Rules

The following USA Swimming Rules for Stroke and Turn are an excerpt from the [2017 USA Swimming Rulebook](#), and are applicable to all Central Arkansas Swim League meets in accordance with League Rule 12, except as noted. Sections of the rules that do not apply are shown as strikethrough text.

ARTICLE 101 - INDIVIDUAL STROKES AND RELAYS

101.1 STARTS

~~.1 **Equipment** — A loudspeaker start system conforming to 103.18, with or without an underwater recall device, and an electronic strobe signal visible to all manual timers for forward and backstroke starts, shall be the preferred starting device.~~

.2 The Start

~~A At the commencement of each heat, the Referee shall signal to the swimmers by a short series of whistles to remove all clothing except for swimwear, followed by a long whistle indicating that they should take and maintain their positions on the starting platform, the deck, or in the water. In backstroke and medley relay events, at the Referee's first long whistle, the swimmers shall immediately enter the water and at the second long whistle shall return without undue delay to the starting position.~~

B When the swimmers and officials are ready, the Referee shall signal with an outstretched arm to the Starter that the swimmers are under the Starter's control.

C On the Starter's command "take your mark", the swimmers shall immediately assume their starting position, in the forward start, with at least one foot at the front of the starting platform or the deck. Swimmers starting in the water must have at least one hand in contact with the wall or starting platform. When all swimmers are stationary, the Starter shall give the starting signal.

D When a swimmer does not respond promptly to the command "take your mark," the Starter shall immediately release all swimmers with the command "stand up" upon which the swimmers may stand up or step off the blocks.

E A swimmer shall not be disqualified for an illegal starting position at the start if the race is permitted to proceed. Enforcement of the correct starting position is the responsibility of the Starter.

~~.3 False Starts~~

~~A Any swimmer starting before the starting signal is given shall be disqualified if the Referee independently observes and confirms the Starter's observation that a violation occurred. Swimmers remaining on the starting blocks shall be relieved from their starting positions with the "stand up" command and may step off the blocks.~~

~~B If the starting signal has been given before the disqualification is declared, the race shall continue without recall. If the Referee independently observes and confirms the Starter's observation that a violation occurred, the swimmer or swimmers who have false started shall be disqualified upon completion of the race.~~

~~C If the recall signal is activated inadvertently, no swimmer shall be charged with a false start and the Starter shall restart the race upon signal by the Referee.~~

~~D A swimmer who would otherwise be charged with a false start may be relieved of the charge if the false start was caused by the swimmer's reaction to the "stand up" command.~~

USA Swimming Stroke & Turn Rules (cont.)

~~E Declared false start: swimmers reporting to the Referee prior to the start of their race and declaring their intent not to compete will be disqualified except as noted in 207.11.6D(1).~~

~~.4 **Warning Signal** — With the exception of relays, in events 500 yards or longer, the Starter or a designee shall sound a warning signal over the water at the finish end of the lane of the leading swimmer when that swimmer has two lengths plus five yards or five meters to swim. As an alternative, a bell warning signal may be given over each lane by a lane judge or timer for that lane.~~

~~.5 **Deliberate Delay or Misconduct**~~

~~A The Starter shall report a swimmer to the Referee for delaying the start, for willfully disobeying an order or for any other misconduct taking place at the start, but only the Referee may disqualify a swimmer for such delay, willful disobedience or misconduct.~~

~~B The Referee shall disqualify a swimmer who fails to appear at the starting platform ready to swim in time for the initial start of his/her heat.~~

~~C Such disqualification shall not be charged as a false start.~~

101.2 BREASTSTROKE

.1 **Start** — The forward start shall be used.

.2 **Stroke** — After the start and after each turn when the swimmer leaves the wall, the body shall be kept on the breast. It is not permitted to roll onto the back at any time except at the turn after the touch of the wall where it is permissible to turn in any manner as long as the body is on the breast when leaving the wall. Throughout the race the stroke cycle must be one arm stroke and one leg kick in that order.

All movements of the arms shall be simultaneous and in the same horizontal plane without alternating movement.

The hands shall be pushed forward together from the breast on, under, or over the water. The elbows shall be under water except for the final stroke before the turn, during the turn and for the final stroke at the finish. The hands shall be brought back on or under the surface of the water. The hands shall not be brought back beyond the hip line, except during the first stroke after the start and each turn.

During each complete cycle, some part of the swimmer's head shall break the surface of the water. After the start and after each turn, the swimmer may take one arm stroke completely back to the legs. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke.

.3 **Kick** — After the start and each turn, at any time prior to the first breaststroke kick a single butterfly kick is permitted. Following which, all movements of the legs shall be simultaneous and in the same horizontal plane without alternating movement.

The feet must be turned outwards during the propulsive part of the kick. Scissors, alternating movements or downward butterfly kicks are not permitted except as provided herein. Breaking the surface of the water with the feet is allowed unless followed by a downward butterfly kick.

.4 **Turns and Finish** — At each turn and at the finish of the race, the touch shall be made with both hands separated and simultaneously at, above, or below the water level. At the last stroke before the

USA Swimming Stroke & Turn Rules (cont.)

turn and at the finish an arm stroke not followed by a leg kick is permitted. The head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during the last complete or incomplete cycle preceding the touch.

101.3 BUTTERFLY

- .1 **Start** — The forward start shall be used.
- .2 **Stroke** — After the start and after each turn, the swimmer's shoulders must be at or past the vertical toward the breast. The swimmer is permitted one or more leg kicks, but only one arm pull under water, which must bring the swimmer to the surface. It shall be permissible for a swimmer to be completely submerged for a distance of not more than 15 meters (16.4 yards) after the start and after each turn. By that point, the head must have broken the surface. The swimmer must remain on the surface until the next turn or finish. From the beginning of the first arm pull, the body shall be kept on the breast except at the turn after the touch of the wall where it is permissible to turn in any manner as long as the body is on the breast when leaving the wall. Both arms must be brought forward simultaneously over the water and pulled back simultaneously under the water throughout the race.
- .3 **Kick** — All up and down movements of the legs and feet must be simultaneous. The position of the legs or the feet need not be on the same level, but they shall not alternate in relation to each other. A scissors or breaststroke kicking movement is not permitted.
- .4 **Turns** — At each turn the body shall be on the breast. The touch shall be made with both hands separated and simultaneously at, above, or below the water surface. Once a touch has been made, the swimmer may turn in any manner desired. The shoulders must be at or past the vertical toward the breast when the swimmer leaves the wall.
- .5 **Finish** — At the finish, the body shall be on the breast and the touch shall be made with both hands separated and simultaneously at, above, or below the water surface.

101.4 BACKSTROKE

- .1 **Start** — The swimmers shall line up in the water facing the starting end, with both hands placed on the gutter ~~or on the starting grips~~. Standing in or on the gutter, placing the toes above the lip of the gutter, or bending the toes over the lip of the gutter, before or after the start, is prohibited. ~~When using a backstroke ledge at the start, the toes of both feet must be in contact with the end wall or face of the touchpad. Bending the toes over the top of the touchpad is prohibited.~~
- .2 **Stroke** — The swimmer shall push off on his back and continue swimming on the back throughout the race. Some part of the swimmer must break the surface of the water throughout the race, except it is permissible for the swimmer to be completely submerged during the turn and for a distance of not more than 15 meters (16.4 yards) after the start and after each turn. By that point, the head must have broken the surface of the water.
- .3 **Turns** — Upon completion of each length, some part of the swimmer must touch the wall. During the turn the shoulders may be turned past the vertical toward the breast after which an immediate continuous single arm pull or immediate continuous simultaneous double arm pull may be used to initiate the turn. The swimmer must have returned to a position on the back upon leaving the wall.
- .4 **Finish** — Upon the finish of the race, the swimmer must touch the wall while on the back.

USA Swimming Stroke & Turn Rules (cont.)

101.5 FREESTYLE

- .1 **Start** — The forward start shall be used.
- .2 **Stroke** — In an event designated freestyle, the swimmer may swim any style, except that in a medley relay or an individual medley event, freestyle means any style other than butterfly, breaststroke or backstroke. Some part of the swimmer must break the surface of the water throughout the race, except it shall be permissible for the swimmer to be completely submerged during the turn and for a distance of not more than 15 meters (16.4 yards) after the start and each turn. By that point the head must have broken the surface.
- .3 **Turns** — Upon completion of each length the swimmer must touch the wall.
- .4 **Finish** — The swimmer shall have finished the race when any part of his person touches the wall after completing the prescribed distance.

101.6 INDIVIDUAL MEDLEY — The swimmer shall swim the prescribed distance in the following order: the first one-fourth, butterfly; the second one-fourth, backstroke; the third one-fourth, breaststroke; and the last one-fourth, freestyle.

- .1 **Start** — The forward start shall be used.
- .2 **Stroke** — The stroke for each one-fourth of the designated distance shall follow the prescribed rules for that stroke.
- .3 **Turns**
 - A Intermediate turns within each stroke shall conform to the turn rules for that stroke.
 - B The turns when changing from one stroke to another shall conform to the finish rules for the stroke just completed, and shall be as follows:
 - (1) **Butterfly to Backstroke** — The swimmer must touch as described in 101.3.5. Once a legal touch has been made, the swimmer may turn in any manner, but the shoulders must be at or past the vertical toward the back when the swimmer leaves the wall.
 - (2) **Backstroke to Breaststroke** — The swimmer must touch the wall while on the back. Once a legal touch has been made, the swimmer may turn in any manner but the shoulders must be at or past the vertical toward the breast when the swimmer leaves the wall and the prescribed breaststroke form must be attained prior to the first arm stroke.
 - (3) **Breaststroke to Freestyle** — The swimmer must touch as described in 101.2.4. Once a legal touch has been made, the swimmer may turn in any manner.
- .4 **Finish** — The swimmer shall have finished the race when any part of his/her person touches the wall after the prescribed distance.

101.7 RELAYS

- .1 **Freestyle Relay** — Four swimmers on each team, each to swim one-fourth of the prescribed distance using any desired stroke(s). Freestyle finish rules apply.
- ~~.2 **Medley Relay** — Four swimmers on each team, each to swim one-fourth of the prescribed distance in the following order: first, backstroke; second, breaststroke; third, butterfly; and fourth, freestyle. Rules~~

USA Swimming Stroke & Turn Rules (cont.)

~~pertaining to each stroke used shall govern where applicable. At the end of each leg, the finish rule for each stroke applies in each case.~~

~~.3 Mixed Gender Relays — must consist of two (2) males and two (2) females.~~

.4 Rules Pertaining to Relay Races

- A No swimmer shall swim more than one leg in any relay event.
- B When automatic relay take-off judging is used, each swimmer must touch the touch-plate or pad in his/her lane at the end of the course to have finished his/her leg of the relay race.
- C In relay races a swimmer other than the first swimmer shall not start until his/her teammate has concluded his/her leg.
- D Any relay team member and his/her relay team shall be disqualified from a race if a team member other than the swimmer designated to swim that leg enters the pool in the area where the race is being conducted before all swimmers of all teams have finished the race. Exception: When an in-the-water start is required or such start is approved by the Referee.
- E Each relay team member shall leave the water immediately upon finishing his/her leg, except the last member.
- F In relay races the team of a swimmer whose feet have lost touch with the starting platform (ground or deck) before his/her preceding teammate touches the wall shall be disqualified.
- G In relay races involving in-the-water starts, the team of a swimmer who has lost touch with the end of the course before his/her preceding teammate touches the wall shall be disqualified, unless the swimmer in default returns to the original starting point at the wall.

Swim Meet Order of Events

Boys Event #	Girls Event #	Event
1	2	6 & under 25 Freestyle
3	4	7-8 25 freestyle
5	6	9-10 50 Freestyle
7	8	11-12 50 Freestyle
9	10	13-14 50 Freestyle
11	12	15 & up 50 Freestyle
13	14	6 & under 25 Backstroke
15	16	7-8 25 Backstroke
17	18	9-10 50 Backstroke
19	20	11-12 50 Backstroke
21	22	13-14 50 Backstroke
23	24	15 & up 50 Backstroke
25	26	8 & under 100 Relay
27	28	12 & under 100 Relay
29	30	18 & under 100 Relay
31	32	6 & under Kickboard
33	34	6 & under 25 Breaststroke
35	36	7-8 25 Breaststroke
37	38	9-10 50 Breaststroke
39	40	11-12 50 Breaststroke
41	42	13-14 50 Breaststroke
43	44	15 & up 50 Breaststroke
45	46	6 & under 25 Butterfly
47	48	7-8 25 Butterfly
49	50	9-10 50 Butterfly
51	52	11-12 50 Butterfly
53	54	13-14 50 Butterfly
55	56	15 & up 50 Butterfly
57	58	8 & under 100 IM
59	60	12 & under 100 IM
61	62	18 & under 100 IM

NOTES:

1. Each event will be divided into Bronze, Silver, Gold and Platinum divisions for the purpose of scoring and awards.
2. Each swimmer will swim in the appropriate division for each event based on their best time achieved during the season.
3. The 6 and under kickboard event is not scored, and is not divided into Bronze, Silver, Gold and Platinum divisions.
4. The 1st place relay team in each age group is the only team that will score points.
5. A host team can change the order of the events; however, they must provide an order of events for the visiting team(s) so they can communicate this to parents ahead of time.

Time Standards

CENTRAL ARKANSAS SWIM LEAGUE (CASL) <i>YARD</i> TIME STANDARDS (Effective 2013)															
	Freestyle			Backstroke			Breaststroke			Butterfly			Individual Medley		
	Silver	Gold	Platinum	Silver	Gold	Platinum	Silver	Gold	Platinum	Silver	Gold	Platinum	Silver	Gold	Platinum
6 & U Boys	29.41	25.80	22.19	37.35	31.44	25.53	39.84	35.89	31.94	38.05	32.23	26.41	2:50.69	2:31.69	2:12.69
6 & U Girls	30.20	25.59	20.98	37.59	32.03	26.47	38.70	35.07	31.44	39.06	32.62	26.18	2:51.75	2:31.72	2:11.69
7-8 Boys	22.45	20.26	18.07	26.84	23.84	20.84	30.23	25.91	21.59	30.50	27.40	24.30	2:09.78	1:58.25	1:46.72
7-8 Girls	22.37	19.86	17.35	26.60	23.79	20.98	30.68	26.37	22.06	30.83	26.04	21.25	2:10.32	1:54.67	1:39.02
9-10 Boys	41.54	37.22	32.90	50.96	45.67	40.38	54.90	50.89	46.88	54.26	45.53	36.80	1:53.48	1:37.39	1:21.30
9-10 Girls	41.00	38.30	35.60	51.19	46.09	40.99	56.21	49.83	43.45	54.52	47.04	39.56	1:52.57	1:33.36	1:14.15
11-12 Boys	36.55	33.39	30.23	44.46	39.57	34.68	50.01	44.93	39.85	44.46	38.38	32.30	1:37.75	1:28.83	1:19.91
11-12 Girls	36.72	33.07	29.42	44.72	40.78	36.84	50.67	45.08	39.49	44.33	39.05	33.77	1:38.81	1:26.06	1:13.31
13-14 Boys	33.56	30.64	27.72	40.52	37.07	33.62	44.83	40.86	36.89	39.14	34.58	30.02	1:27.52	1:21.23	1:14.94
13-14 Girls	34.71	31.68	28.65	40.45	36.88	33.31	45.66	42.74	39.82	39.24	34.39	29.54	1:28.85	1:21.96	1:15.07
15-18 Boys	30.62	28.00	25.38	39.26	34.55	29.84	42.21	36.93	31.65	37.56	32.87	28.18	1:22.58	1:15.01	1:07.44
15-18 Girls	33.95	30.92	27.89	39.90	37.31	34.72	45.30	41.61	37.92	39.57	33.40	27.23	1:28.81	1:21.11	1:13.41

CENTRAL ARKANSAS SWIM LEAGUE (CASL) <i>METER</i> TIME STANDARDS (Effective 2013)															
	Freestyle			Backstroke			Breaststroke			Butterfly			Individual Medley		
	Silver	Gold	Platinum	Silver	Gold	Platinum	Silver	Gold	Platinum	Silver	Gold	Platinum	Silver	Gold	Platinum
6 & U Boys	32.65	28.64	24.63	41.46	34.90	28.34	44.22	39.84	35.46	42.24	35.78	29.32	3:09.47	2:48.38	2:27.29
6 & U Girls	33.52	28.40	23.28	41.72	35.55	29.38	42.96	38.93	34.90	43.36	36.21	29.06	3:10.64	2:48.30	2:25.96
7-8 Boys	24.92	22.49	20.06	29.79	26.46	23.13	33.56	28.76	23.96	33.86	30.41	26.96	2:24.06	2:11.26	1:58.46
7-8 Girls	24.83	22.04	19.25	29.53	26.41	23.29	34.05	29.27	24.49	34.22	28.90	23.58	2:24.66	2:07.28	1:49.09
9-10 Boys	46.11	41.31	36.51	56.57	50.69	44.81	1:00.94	56.49	52.04	1:00.23	50.54	40.85	2:05.96	1:48.10	1:30.24
9-10 Girls	45.51	42.51	39.51	56.82	51.16	45.50	1:02.39	55.31	48.23	1:00.52	52.21	43.90	2:04.95	1:43.63	1:21.38
11-12 Boys	40.57	37.06	33.55	49.35	43.92	38.49	55.51	49.87	44.23	49.35	42.60	35.85	1:48.50	1:38.60	1:28.70
11-12 Girls	40.76	36.71	32.66	49.64	45.27	40.90	56.24	50.04	43.84	49.21	43.35	37.49	1:49.68	1:35.53	1:21.38
13-14 Boys	37.25	34.01	30.77	44.98	41.15	37.32	49.76	45.35	40.94	43.45	38.38	33.31	1:37.15	1:30.17	1:23.19
13-14 Girls	38.53	35.16	31.79	44.90	40.94	36.98	50.68	47.44	44.20	43.56	38.17	32.78	1:38.62	1:30.98	1:23.34
15-18 Boys	33.99	31.08	28.17	43.58	38.35	33.12	46.85	40.99	35.13	41.69	36.49	31.29	1:31.66	1:23.26	1:14.86
15-18 Girls	37.68	34.32	30.96	44.29	41.41	38.53	50.28	46.19	42.10	43.92	37.07	30.22	1:38.58	1:30.03	1:21.48

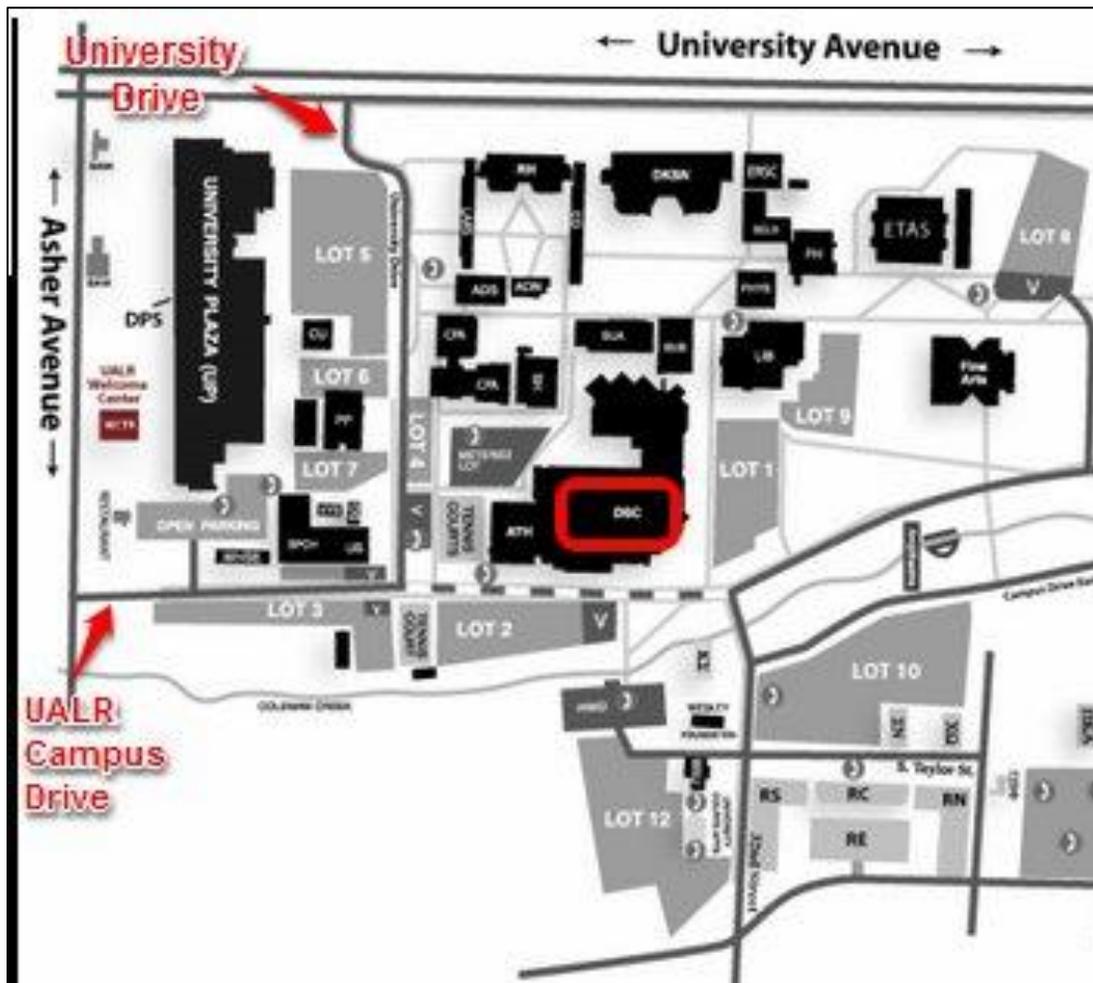
NOTE: The current time standards became effective in the 2013 season. Eight (8) and under events are 25 yards or meters and nine (9) and older events are 50 yards or meters, except that the Individual Medley is 100 yards or meters for all ages.

Pool Locations and Notes

Pool Locations (click the address to access Google Maps for directions)

1. Bryant (Saline County Swim Team): [Bishop Park, 6401 Boone Road, Bryant, AR 72022](#)
2. Cabot: [508 North Lincoln Street, Cabot, AR 72023](#) (additional parking is available at Cabot High School located directly across the street)
3. Lakewood: [2701 Crestwood Road, North Little Rock, AR 72116](#)
4. Lonoke: [Lonoke Community Center, 1355 West Front Street, Lonoke, AR 72086](#)
5. Maumelle: [1100 Edgewood Drive, Maumelle, AR 72113](#)
6. Otter Creek: [14000 Otter Creek Parkway, Little Rock, AR 72210](#)
7. Sherwood: [Bill Harmon Recreation Center, 51 Shelby Road, Sherwood, AR 72120](#) (additional parking is available at the school located behind the Center)
8. University of Arkansas at Little Rock (UALR): [2801 South University Avenue, Little Rock, AR 72204](#)

Turn-off South University Avenue onto University Drive. Follow University Drive until it intersects UALR Campus Drive. The pool is located in the Donaghey Student Center (DSC) across the street from Lot 2. Parking is available in lots located both north and south of the Center.



Pool Locations and Notes (cont.)

Notes

1. Lakewood and Otter Creek pools are 25 meters. All other pools are 25 yards.
2. Follow the rules and regulations of each facility.
3. Assume that no food or drinks are allowed in any pool area, except for water in plastic bottles. Each facility will provide direction regarding where teams and families may keep their food, drinks, and coolers.

**CENTRAL ARKANSAS SWIM LEAGUE (CASL)
COACH ANNUAL ACKNOWLEDGEMENT STATEMENT**

I have reviewed the Central Arkansas Swim League Rulebook available on the CASL website at: <https://www.teamunify.com/Home.jsp?team=caslrec>. I understand that my signature on this Annual Acknowledgement Statement indicates that I have read the Rulebook, and that I agree to abide by the regulations stated therein.

Coach's Printed Name

CASL Rulebook Version
(Cover Page Revised Date)

Coach's Signature

Date