

GREAT PLAINS SWIM LEAGUE RULES

Revised November 2021

MISSION STATEMENT: Age group swimming is the program through which United States Swimming provides fair and open competition for its registered swimmers ages 18 years and younger. It is designed to encourage maximum participation, provide an educational experience, enhance physical and mental conditioning, and develop a rich base of swimming talent.

Achievement of these goals will be enhanced by an environment, which encourages participation by the maximum number of competitors, coaches, qualified officials, parents, and school and community groups. By providing recognition for all participants, a health motivation for self-improvement and advancement is attained.

- 1 All competition shall be subject to the rules listed in the U.S.A. Handbook and the MVS Swim Guide, except as amended by the Great Plains Swim League Rules, which shall be reviewed yearly as an agenda item at a GPSL meeting.
- 2 The host team is responsible for the conduct of dual meets. It is recommended that the clerk of the course, on-deck seeding, deck referee and administrative official be the responsibility of the home team unless otherwise agreed upon. The visiting team should provide half of the remaining officials at a dual meet, including 2 stroke and turn judges, 2 place judges and 1 starter per meet half. Additionally, the visiting team should provide 1 timer per lane per meet half and an assistant to help their team's younger swimmers with the relays. It is recommended that visiting teams bring stopwatches to ensure an adequate supply. If for any reason a team is unable to fulfill this requirement, it is that team's obligation to contact the opposing team as soon as possible, no later than 2 days before a meet.
- 3 Entries should be sent to the host team by 8 PM two days prior to the meet.
- 4 It is recommended that dual meets start no later than 6:00 p.m. However, by mutual consent, they may be started earlier or later.
- 5 Swimmers must be bona fide U.S.A. Swimming members of a team, and must have swum in at least two league dual meets before participating in the league championship meet.
- 6 The limit on relay entries per team shall be determined by the number of lanes in the host pool as follows:
 - a. 8 or more lanes - unlimited entries/team (Dual Meets Only)
 - b. 8 or more lanes - 4 entries/team (League Finals Meet Only)
 - c. 6-7 lanes - 3 entries/team
 - d. 4-5 lanes - 2 entries/team

All relay events for dual meets shall be 200 meters (or yards) in length. For meets conducted in 50 meter (or yard) pools in which one end does not meet the USA Swimming rule regarding depth of pools for diving starts, the backstroke and butterfly legs of medley relays and intermediate legs of freestyle relays shall be started in the water from the shallow end.

- 7 A maximum of two swimmers per relay team may swim in a higher age group in a relay event provided they have not already swum in the same stroke relay, and they do not replace anyone from the higher age group.
- 8 At dual meets, place judges must be used whether two or three timers are used. USA qualifying times require three timers unless electronic timing systems are used, and then two shall be sufficient. There must be a minimum of two stroke judges working at all times.
- 9 The Championship Meet must have three timers for each lane and place judges on both sides of the pool unless electronic timing system equipment is used then two timers per lane shall be used.
- 10 Scoring for dual meets shall be as follows: individual events, 5-3-1; relays, 7-2. Dual meet scoring shall be optional at all GPSL meets. Event ribbons for individual events shall be awarded for places 1 - 6, and ribbons for relays shall be awarded for places 1 - 3. A three team meet will be scored like an invitational. Points will be awarded in individual events for 1st- 6th places, 7-5-4-3-2-1. Points will be awarded in relays for 1st- 3rd places, 9-5-2.
- 11 The league championship meet shall be scored according to the number of lanes used, in accordance with U.S.A. swim rule 102.25.3 concerning "All Other Meets". Individual: 9-7-6-5-4-3-2-1 Relays: 18-14-12-10-8-6-4-2. For individual events, medals shall be awarded for places 1 – 8, and ribbons for places 9 – 16. For relay events, medals shall be awarded for places 1 – 4, and ribbons for places 5 – 8. High Point trophy(s) will be awarded to the individual(s) in each age group that achieves the most points in the individual events. Those that place 2 – 8 for high point will receive medals.
- 12 Age groups for scoring events shall consist of 8 & under, 9-10, 11-12, 13-14, and 15& over.
- 13 Swimmers may swim in 3 individual events and 2 relays per meet. Swimmers are permitted 1 swim-up event as exhibition per meet, excluding finals. This will count as one of the three individual events.
- 14 Age of swimmer as of June 1st will determine the age group for that season. Swimmer may choose to age up on their birthday, at which time they must remain in that age group for the remainder of the season.
- 15 The rules of the Great Plains Swim League should be reviewed yearly at one of the spring meetings, but cannot be changed unless there is a vote, and the changes are approved by a majority vote.

Amended August 2004, clarifying the requirements of each team in dual meets # 2, and added # 9 to comply with rule changes involving depth of water for racing starts.

Amended January 2005, adding the requirement for sending entries to the host team by 6PM of the day prior to the meet.

Amended January 2006, altering the age-up rule under #17.

Amended January 2007, removing dollar penalty under rule #2 and changing notification to 2 days under rule #2.

Amended April 2008, added language for the scoring of three team meets under rule #13.

Amended January 2009 - eliminate rules #8 and #3.

Amended January 2009 - Rule #9 – Add "Each team may enter up to one half the number of relay teams as there are pool lanes, rounded down (e.g. 4 for 8 lane pools, 3 for 6 lane pools, 2 for 5 lane pools, etc.)"

Amended January 2009 - Rule #15 – change to read "Age groups for scoring events shall consist of 8 & under, 9-10, 11-12, 13-14, and 15 & over."

Amended April 2009, removed Rule #3 which states Visiting teams will generally use odd numbered lanes.

Amended January 2010 – change Rule 11 – medals shall be awarded for places 1 – 6, to 1 - 8 and ribbons for places 7 – 12, to 9 - 16. Change in awards for relay events - medals shall be awarded for places 1 – 3, to 1 - 4 and ribbons for places 4 – 6, to 5 - 8. Add language for high point awards.

Amended April 2013 – change Rule 6 – increased the number of relay entries for 8 or more lane pools from 4 entries to unlimited entries for dual meets only.

Amended March 2015 – change Rule 2 – added AO and Deck Ref positions to the list of home team responsibility recommendations.

Amended April 2015 – change Rule 11 – updated USAS rule reference, was 102.7.3, is 102.25.3.

Amended November 2021 - change Rule 3 - adjusted time for entries to be submitted. change to Rule 13 - to allow for swim up event as exhibition.