

NORTHERN KENTUCKY SWIM LEAGUE¹

Rules and Regulations (the “Rules”)

SECTION I

GENERAL RULES FOR SWIMMING AND DIVING

Rule 1: Scheduling

The League shall publish a schedule to include the Regular Season Meets (as defined herein) and Championship Meets (as defined herein) for the next year of competition as soon as administratively possible after the close of each year of competition.

No League competition shall be held on Memorial Day, Fourth of July, or Labor Day. Regular Season Meets shall be held on Tuesday (diving) and Thursday (swimming).

The dates of the League Championship and All-Star Meets shall be set by the Board of Delegates².

Rule 2: Divisions and Team Standings

a. Divisions and Regular Season Standings:

The member Teams³ of the League shall be divided into a Red, White and Blue Division (each a “Division”).

Regular season Division standings of Teams will be compiled by the League President. Final Division standings for Teams at the end of each year of competition will be compiled and published based on the win/loss/tie record for all Regular Season Meets.

Teams’ Division standings will be compiled and published based on the win/loss/tie record for all Regular Season Meets between Teams in the same Division; for Regular Season Meets between three Teams, the Team finishing first will earn wins over both of the other Teams in the meet; the Team finishing second will earn a win over the Team finishing third, and a loss to the Team finishing first; the Team finishing third will receive losses to both the Team finishing first and second (collectively, the “Final Regular Season Division Standings”).

A permanent plaque shall be awarded to the first place Team in each Division based on the Final Regular Season Division Standings for (i) Diving and (ii) combined Swimming & Diving.

¹ The Northern Kentucky Swim League shall be referred to herein as the “League” or the “NKSL”.

² The term “Delegate” as used herein shall have the meaning ascribed to it in Article 6, section 6.2 of the Bylaws of the NKSL.

³ The term “Team” or Teams” as used herein shall have the meanings ascribed to them in Article 6, section 6.1 of the Bylaws of the NKSL.

In the event of a tie between Teams in the Final Regular Season Division Standings, the tie(s) shall be broken by:

1. 1st Tiebreaker: Head-to-head record between the Teams involved determines the Final Regular Season Standings in the event of a tie.
2. 2nd Tiebreaker: In the event that two or more Teams are tied after the 1st tiebreaker outlined above, the Final Regular Season Division Standings shall be determined by those Teams' final combined swimming and diving score at the conclusion of all Championship Meet competition.

b. Initial Divisions:

Initially, as of the beginning of the 2016 season, the Divisions will be comprised of the following Teams:

1. Red
 - a. Florence
 - b. Fort Thomas
 - c. Five Seasons
 - d. Bluegrass
2. White
 - a. Taylor Mill
 - b. Brookwood
 - c. Beechwood
 - d. Newport
3. Blue
 - a. Ludlow Bromley
 - b. Cherry Hill
 - c. Oakbrook

At the end of each subsequent season, Divisions will be determined for the next season using each Team's final combined swimming and diving score at the conclusion of all Championship Meet competition as follows:

1. Teams that place 1-4 will comprise the Red Division
2. Teams that place 5-8 will comprise the White Division
3. Teams that place 9-11 will comprise the Blue Division

Rule 3 Interruption of Regular Season Meet

An interrupted dual or tri-meet during the regular season (a "Regular Season Meet") should resume, if possible, with the event that was in progress at the point of interruption. If delays or interruptions for any Regular Season Meet cumulatively exceed more than 90 minutes, the Regular Season Meet shall be canceled or rescheduled, if possible, based on the rules in this section.

In the event of a delay of the warm-up period for any Team (excluding a Team arriving late), the head coaches and Delegates shall meet and agree upon amended warm-up times and procedures for the Regular Season Meet. If the head coaches and Delegates cannot reach an agreement on amended warmup times, each Team shall receive their full allotment of warm-up time and the Regular Season Meet shall begin after all Teams have completed warm-ups.

Rescheduling

Any Regular Season Meet rescheduled for any reason must be completed by the next scheduled Regular Season Meet for that sport (the next Tuesday for diving and the next Thursday for swimming). Teams are encouraged to reschedule postponed dive Regular Season Meets for Wednesday nights and postponed swim Regular Season Meets for Monday nights when possible. This preference should be discussed with the host Team's pool management at the beginning of the season; however, a Regular Season Meet may be rescheduled on other days as long as the rules in this section are followed.

It is strongly encouraged that Regular Season Meets be rescheduled and that an agreement as to the date and time be reached by all Teams' Delegates. In the unlikely event that an agreement of a rescheduled Regular Season Meet date and time cannot be reached among the Teams' Delegates, the host Team's Delegate must notify the visiting Team(s) Delegate(s) of the rescheduled Regular Season Meet date and time, by giving at least 24 hours notice using the rescheduling suggestions set forth above, if possible. If the visiting Team(s) cannot comply with the rescheduled date and time selected by the host Team, the host Team shall be declared the winner of the swimming or diving (as the case may be) portion of the Regular Season Meet by forfeit.

Cancellation and Forfeiting

If a Regular Season Meet cannot be rescheduled or completed, the head coaches and the Delegates from the Teams involved should convene a private meeting to determine if one coach is willing to concede victory to the other Team(s). If agreement can be reached on concession(s), then the results of the Regular Season Meet (swim or dive, as the case may be) will be determined pursuant to the rules in this section.

Meet Length and Completeness

Under no circumstances shall a Regular Season Meet continue past 11 p.m. (the current stroke may be completed if started before 11 p.m.). At 11 p.m., any remaining events in a Regular Season Meet *may* be rescheduled following the procedures outlined in this section if the Regular Season Meet is not completed.

A swim Regular Season Meet is considered "completed" when the butterfly events have concluded and the score shall be final with no rescheduling. A dive Regular Season Meet is considered "completed" if all required dives for an age group have been completed, optional dives will only be considered if the full round of dives, for every diver competing, has completed his/her final dive in that round.

Rule 4 Postponement of Regular Season Meet

The host Team's Delegate shall make the decision for postponement of a Regular Season Meet, deferring to the host pool's manager or staff.

Rule 5 Athlete Good Standing and Age Requirements

Athlete in Good Standing

An athlete shall be a member in good standing of a Team for whom he/she competes if he/she (i) has paid the full Team fee required to participate, (ii) is part of a "family membership" that is published, open to all members at the Team's pool or club, and (iii) meets the League's age requirements.

A "family membership" must include a parent or guardian, be offered to anyone who chooses to join the Team's pool or club, and must include full use of the Team's pool or club for the summer season for the family. Each Team's pool or club shall establish pricing structures for its memberships and Team fees.

Any Team that intentionally or unintentionally permits an athlete who is not in good standing to swim or dive for the Team shall forfeit all points scored by the athlete who is not in good standing, including relay points. The NKSL reserves the right to periodically review Teams' memberships for compliance with this rule.

Change of Team During Season Not Permitted

An athlete shall not be permitted to change Teams in a season after League competition has begun unless approved in advance by the League's Rule Committee.

Team's Good Standing Statements

By the end of the second week of competition, each Team's Delegate shall submit a written statement to the NKSL President that he/she has audited the Team's roster of swimmers and divers and, to the best of his/her knowledge, the intent of the rule regarding athlete good standing is being followed.

Each Team's head swim and head dive coaches must submit a list (including birthdates) of the eligible swimmers and divers to the NKSL prior to the 3rd Regular Season Meet of each competition year. The list must also contain the Team's "senior" swimmers and divers. Failure to submit such list prior to the 3rd Regular Season Meet shall result in suspension of such Team's right to compete until such list has been submitted.

Recruiting from Teams Not Permitted

Teams' Delegates, coaches and parents shall not recruit athletes from other Teams.

League Age Requirements

A swimmer or diver shall compete in the age group as of his or her age on May 31st until the summer in which the athlete is 18 or graduates from high school; however, swimmers and divers may compete for a final season in the summer following their graduation from high school even though they may be older than 18. A swimmer or diver must declare with the NKSL which summer will be their last year, their "Senior Year", and such athlete is ineligible to compete in subsequent years, regardless of age. Individual consideration will be given to any swimmer or diver graduating early from high school so he/she may

continue to compete until age 18. Each coach must submit a list (including birthdates) of all eligible swimmers and divers to the NKSL prior to the 3rd Regular Season Meet of each season that includes any senior swimmer and diver designations (the "Team Roster"). Failure to submit the Team Roster prior to the 3rd Regular Season Meet shall result in any such Team's right to compete until its Team Roster has been submitted.

Rule 6 Athlete Regular Season Event Restrictions and Championship Qualifications

Limitations on Number of Events

An athlete may compete in seven swimming events (including exhibition events), but not more than three individual events (including exhibition events). For purposes of this rule, diving shall not be considered an event counted toward the total of either seven total or three individual events per competitor. A diver may only compete in his/her own age group. A swimmer may only compete in his/her own group, except in relays pursuant to these Rules and events not subject to age restrictions. Any swimmer participating in more than three individual events or out of his/her age group (except in relays or events not subject to age restrictions) will be disqualified for that event.

Regular Season Relays

At a Regular Season Meet, a swimmer may only move up to a higher age group in a relay provided there is no other swimmer listed on the roster present for that evening's meet to swim on the relay. At a Regular Season Meet, there must be at least one swimmer in the event's age group competing in each relay and any swimmer moved up may only be from the next youngest age group.

Three Meet Minimum to Compete in Championships

All swimmers must compete in three swim Regular Season Meets to be eligible to compete in the swim Championship Meet. All divers must compete in a minimum of three dive Regular Season Meets to be eligible to compete in the dive Championship Meet. The League's Rules Committee may grant an exception to these Championship Meet qualifications based solely on a written appeal submitted by the Delegate for the Team of the swimmer or diver requesting an exception.

Rule 7 Protest

Swimming Disqualification Protests: Any swimming protest against the judgment decisions of starters, stroke, turn place and relay take-off judges shall be made to the designated swim meet referee within 30 minutes of the completion of protested event and shall be made only by the Team's head swim coach or Delegate. The designated meet referee shall make a decision within ten (10) minutes of receiving a protest and his/her decision is final.

All discussions concerning any swim meet protest shall be held by convening a *private* meeting including only the designated swim meet referee, the head swim coaches and Delegates of the Team(s) competing at the meet, with the option of any party to invite the League President to participate.

Diving Scoring Protests: Any diving score protest shall be made to the designated diving meet referee within 30 minutes of the completion of protested event and shall be made only by the Team's head dive coach or Delegate. The Team's head dive coach or Delegate making the protest shall notify the designated diving meet referee. The designated diving meet referee shall make a decision within ten (10) minutes of receiving a protest and his/her decision is final.

All discussions concerning any dive protest shall be held by convening a *private* meeting including only the designated diving meet referee, the head dive coaches and Delegates of the Team(s) competing at the meet, with the option of any party to invite the League President to participate.

Appeal of Protest Decisions: Any decision of a Referee may be appealed by submitting an appeal in writing within ten (10) days to the League President. The Rules Committee, without the Delegates from the competition from which the appeal arises, shall issue a ruling within five (5) days from the date of the receipt of such appeal. The decision of the Rules Committee shall be final and binding on all parties. The official results of any appealed event or meet shall not be final, and the affected awards shall not be given, and points scored shall not be allocated until the appeal is resolved or is withdrawn in writing.

Rule 8 Scoring - Regular Season Meets

Scoring				
	Dual Meet		Tri Meet	
Place	Individual	Relay	Individual	Relay
1	5	7	6	8
2	3	4	4	6
3	1		3	4
4			2	
5			1	

Each Team may have only one scoring relay per relay event, any other relays in that event will be considered exhibition.

Rule 9 Top Twelve

Regular Season Meet times and diving scores shall be compiled on a weekly basis by a designated representative of the NKSL. The top twelve in each event shall be published and made available to each NKSL member Team. These top twelve listings shall not be considered permanent records. In addition, the top twelve swimming times shall be compiled on a cumulative basis whereas the top twelve diving scores shall be compiled based solely on the results of the diving competition for that week and shall change on a weekly basis.

Rule 10 Publicity

The head coach of the host Team shall be required to deliver Meet Manager export file results to the Top Twelve coordinator by noon on the day following the completion of the Regular Season Meet. The head coach or computer operator for the opposing Team(s) shall be provided with an electronic copy of the meet results at the same time they are provided to the Top Twelve coordinator. Any publicity in local community papers shall be the responsibility of each Team and not the NKSL.

Rule 11 Swimsuit/Swim Caps

NKSL related team suits, caps, and attire are encouraged, but not required. All attire shall be of acceptable public taste and modesty.

The NKSL follows current USA Swimming Rules and Regulations in regard to swimsuits.

- a. Swimsuits for boys may not extend above the navel or below the knee and for women may not cover the neck or extend past the shoulders or below the knee.
- b. No zippers or other fastening devices are allowed except for a waist tie on a brief or jammer.
- c. Suits must be textile material and must not be made of any rubberized type of material such as polyurethane or neoprene.

The NKSL President may allow exceptions to this rule for modesty or religious reasons.

Rule 12 Alcohol & Tobacco Use

During any Regular Season Meet or Championship Meet, no athlete, coach, parent or meet volunteer (judge, timer, scorer, etc.) is permitted to use or consume alcohol products if they are, or plan to be, engaged in the operation of the meet. The use of tobacco products is prohibited by all athletes, coaches, parents or volunteers (judge, timer, scorer, etc.) if they are engaged in the operation of the meet.

NKSL member pools and clubs may establish more stringent restrictions on the use of alcohol and tobacco products at their facilities; however, at a minimum, the restrictions above shall apply. Should a parent, coach, volunteer or athlete suspect this rule is being violated, they should raise the issue to the host Team's meet referee or his/her Team's Delegate for resolution.

Rule 13 Pool Availability

Each member Team shall make its pool available for swim and dive Regular Season Meet competition based on an annual schedule set by the Board of Delegates. This rule shall not govern practice meets or intra-club meets scheduled by the Team itself.

Rule 14 Background Checks of Coaches and Primary Volunteers

All coaches for League Teams and any Team volunteers who have individual contact with Team athletes who are not their children ("Primary Volunteers") shall voluntarily submit to a League background check annually. The cost for the coaches' and Primary Volunteers' background checks shall be the responsibility of the Team he or she represents. Background checks must be completed no later than June 1st. Failure of any coach or Primary Volunteer to complete his or her background check by this deadline could prohibit the Team from participating in League competition unless and until all needed background checks are completed.

SECTION II

REGULAR SEASON SWIM MEET OPERATIONS

Rule 1 Starts, Strokes and Turns Standards

- a. The League shall follow all rules and regulations of United States Swimming (USA), as amended, unless otherwise noted in these rules and regulations.
 - i. The USA sudden death false start rule shall not apply and one allowable false start per person per event shall be permitted in NKSL swimming.
 - ii. USA whistle start will not be used. The League will use spoken commands.
 - iii. The USA backstroke rule shall apply for the turn. The following will be allowed: After the initiation of the turning action, no additional arm pulls may be started; however, kicking and gliding actions are permitted.
- b. The NKSL encourages review of the USA rules and regulations by Teams.
- c. Attendance by all swim coaches at coaches meetings hosted by the NKSL is required.
- d. The NKSL encourages coaches to meet with Team Delegates near the end of the swimming season to review the season's activities, rules and regulations and offer any suggestions or recommendations to the Rules Committee.

Rule 2 Disqualifications

Strict enforcement of starts, stroke and turn standards resulting in disqualification of swimmers shall begin with the first Regular Season Meet of the year for all age groups and shall include all post season All Star and Championship Meets.

Rule 3 Warm Up Times, Meet Starting Times, and Heat Designations

- a. Swimming Warm Up:

<u>Dual Meet</u>	
Host Team	5:15-5:45
Visiting Team	5:45-6:15
 <u>Tri Meet</u>	
Host Team	4:45-5:15
Visiting Team 1	5:15-5:45
Visiting Team 2	5:45-6:15

Participating Teams can work amongst themselves to combine warm-up sessions in any way that they mutually see fit, as long as warm-ups conclude by 6:15.

Visiting Team 1 is listed first, and visiting Team 2 is listed second on the schedule set by the Board of Delegates.

- b. Regular Season Meets consist of the list of events shown in **exhibit A**: The number of heats for the events is as follows:
 - one (1) heat of relays for each relay event
 - one (1) scoring heat for each individual event and a limit of three (3) exhibition heats per individual event.
- c. Regular Season Meets shall begin promptly at 6:30. The scheduled pool location of a tri-meet may be moved to a different pool location, provided that all Teams involved in the tri-meet mutually agree in writing to the pool change location.
- d. Lane Assignment
 1. Dual Meets: Odd lanes are designated for the host Team and even lanes are designated for visiting Team.
 2. Tri Meets: Lanes 2 and 5 are designated for the host Team. Lanes 1 and 4 are designated for visiting Team 1. Lanes 3 and 6 are designated for visiting Team 2.
- e. Meet Entry Deadlines
 1. Each Team shall submit its meet entry file (the "Initial Entries") to the opposing Team's League Delegate, head swim coach and the League computer consultant by 6:00 PM the day before the competition event (the "Meet Entry Deadline").
 2. Each Team must submit entries for and fill all open lanes in the scoring heat of each event before submitting any entries for any open lanes in exhibition heats of the same event.
 3. If a swimmer was entered in an event in a Team's Initial Entries and is scratched for any reason, that Team may move a swimmer who was entered in the Team's Initial Entries in that same event to another heat and replace the scratched swimmer.
 4. If a swimmer was not entered into a meet in a Team's Initial Entries, but the swimmer is present at the meet, he/she may be entered in the meet, subject to the following restrictions:
 - i. He/she may NOT be entered in the 1st (scoring) heat of any event, UNLESS the Team's Initial Entries included an open lane in that event for the 1st (scoring) heat.
 - ii. He/she may NOT displace any swimmer who was entered in any event in the Initial Entries if that swimmer is present at the meet.
 - iii. If there is only one heat in an event, and an opposing Team has an open lane, the swimmer may swim with the 1st (scoring) heat, but he/she must be marked as exhibition.
 5. The League reserves the right to impose penalties on any Team that fails to comply with the Meet Entry Deadline or rules outlined in this section ii, rule 3(e).

Rule 4 Pool Distance and Depth Standards

The standard distance for one pool length in the NKSL shall be 25 meters. A list of swimming events with specific distances shall be attached as **exhibit A**.

In the event an NKSL pool does not meet the standard distance per length as noted above, event distances by length shall be revised so that no event, except for 8 and under age group, exceeds the standard NKSL distance for that event.

In pools with a water depth less than 4 feet' (1.22 meter) at the starting ends, the swimmer must start from within the water.

Rule 5 Awards

Regular Season Meet awards shall be:

- a. Ribbons for 1st- 6th in age group 8 & under, 9-10 and 11-12 shall be awarded in each heat of each event, including relays. 12 & under athletes who are disqualified in any event shall receive a participation ribbon only for that event.
- b. Ribbons for 1st-3rd place in age groups 13-14 and 15-18 shall be awarded in the first (scoring) heat of each event only, including relays.
- c. All awards shall be the responsibility of the host Team.

Rule 6 Equipment Required for Regular Season Meet Competition

- a. One starting mechanism (starter's gun and blanks or beeper)
- b. Two whistles
- c. Air horn
- d. Lane lines
- e. Public address system
- f. Twelve watches (six furnished by each competing Team in a dual meet, four furnished by each competing Team in a tri-meet)
- g. Lane/timer slips
- h. Meet score sheets
- i. Awards (furnished by home Team)
- j. A scorer's table (for announcer, scorekeeper and awards clerk)
- k. Starting blocks (required only at side of pool where majority of events begin)
- l. Backstroke flags
- m. Computer and appropriate software to score the meet

Rule 7 Volunteers Required for Regular Season Meet

- a. Official meet referee (host Team)
- b. Starter (host Team)

- c. Timers (each Team must provide one for each lane, for a total of two timers per lane, and the host Team must provide one back up, roving timer in the event of lane timer error)
- d. Place judges: From the timers provided by the Teams, one place judge shall be assigned per lane for the purpose of determining the place of a swimmer in each event. Such lane judge shall also record the time of the swimmer in such lane. In addition, one (1) official place judge shall be designated to record his/her view of the order of finish for all six lanes. The order of finish shall be determined by each lane judge's view of the finish position of his/her lane. Place judges are not permitted to sit in any lifeguard or other raised chair on a pool deck to execute his/her duties.

In the event of any discrepancy in the order of finish as noted by the lane judges, the scoring table shall apply the order of finish as listed by the official place judge only.

This application of order of finish shall be made without reference to recorded times. If a time is not recorded for a swim for any reason, no time should ever be entered for that swim and the swim shall be assigned a place using the rules set forth above.

- e. Stroke/Turn Judges: Two or three (one furnished by each competing Team) NKSL certified judges. A stroke/turn judge shall stand at the end of the pool (or as close as possible to the end of the pool) and shall not be permitted to disqualify a swimmer not swimming in his/her assigned judging lanes/end of the pool.

In tri-meets, if all 3 Teams supply a stroke and turn judge, the host Team's meet referee will assign a rotation as to cover the pool with 2 judges during all events.

- f. Announcer
- g. Computer Operator (furnished by host Team)
- h. Assistant Computer Operator (furnished by visiting Team(s))
- i. Awards clerk (one furnished by each Team)
- j. Runner: He/she will be responsible for collecting lane/timer slips and DQ slips

SECTION III

REGULAR SEASON DIVE MEET OPERATIONS

Rule 1 Schedule for Dive Regular Season Meets

Dive Regular Season Meets shall be held on Tuesdays. Starting time of the meets shall be 6:30 p.m.

Diving Warm Up:	<u>Dual Meet</u>	
	Host Team	5:00-5:30

Visiting Team 5:30-6:15

Tri Meet

Host Team 4:45-5:15

Visiting Team 1 5:15-5:45

Visiting Team 2 5:45-6:15

Participating Teams can work amongst themselves to combine warm-up sessions in any way that they mutually see fit, as long as warm-ups conclude by 6:15. Visiting Team 1 is the Team listed first, and visiting Team 2 is the Team listed second on the schedule set by the Board of Delegates.

If the host Team has a 3 meter board, or if the host Team has Duraflex, or equivalent manufacturer, boards and the visiting Team(s) does not, or vice versa, the host Team shall offer additional practice time to the visiting Team(s) at a time mutually agreed upon by each Team's coaches, delegates and pool management

Rule 2 Equipment and Volunteers Required for Regular Season Meet Competition

The host Team must provide the following equipment for each Regular Season Meet:

- Five (5) regulation diving score cards
- Five (5) copies of the NKSL Diving Judges Information Sheets
- One (1) Computer and One (1) Printer
- Microphone and PA system
- Ribbons for the competitors to match the number of awards given for places in the swimming events

The host Team must provide the following volunteers for each Regular Season Meet:

- An announcer
- Three (3) diving judges (NKSL certified) in a dual meet and one (1) diving judge (NKSL certified) in a tri-meet
- One (1) diving meet referee/referee, who may also serve as one of the diving judges
- One (1) computer operator competent in the use of EDive software
- One (1) score tabulator (to hand write the scores as they are called by the announcer, as a back-up to the computer operator)

The visiting Team(s) must provide the following for each Regular Season Meet:

- One (1) table worker
- Two (2) diving judges (NKSL certified)

If the visiting Team(s) cannot provide two diving judges, the host Team should provide the remaining judges as long as at least a minimum of one day of notice is given to the host Team. If the host Team cannot provide needed additional diving judges, the Regular Season Meet can proceed with the use of a minimum of three (3) host Team judges with no individual judge's score being deleted in the calculation of overall dive scores.

Any diver that is unable to make a legitimate attempt to complete all of the dives listed on his/her sheet shall be disqualified from the meet. This determination shall be made by the meet referee.

Rule 4 Awards for Regular Season Meets

Ribbons shall be given to the 1st-6th place finishers in all events. All awards shall be the responsibility of the host Team.

Rule 5 Regular Season Meet Entries, Rescheduling, Changing Dives and Order of Dives

Regular Season Meet Entries

- a. Regular season dive meet entries are due to the opposing Team(s), League Delegate and League computer consultant no later than 12:00 p.m. the day of the competition (the "Dive Meet Entry Deadline") and should be submitted via electronic mail in a format compatible with EDive. (adopted January 2015).
- b. The Initial Dive Entries shall identify a maximum of three (3) divers per event per Team who will be the scoring divers in a duel meet, and a maximum of two (2) divers per Team in a Tri-Meet; all other divers shall be entered as exhibition divers.
- c. If a diver who was entered in an event in a Team's Initial Dive Entries as a scoring diver is scratched for any reason, that Team may move a diver who was entered in the Team's Initial Dive Entries as exhibition in that same event into the vacant scoring diver position.
- d. If a diver was not entered into a meet in a Team's Initial Dive Entries, but the diver is present at the meet, he/she may be entered in the meet, as exhibition, unless the initial entries included an open scoring position in that event.
- e. The League reserves the right to impose penalties on any Team that fails to comply with the Meet Entry Deadline or rules outlined in this section. (adopted January 2015).

Rescheduled Regular Season Meet

In the event that a dive Regular Season Meet is rescheduled, Teams may make changes to their Initial Dive Entries for any events that have not started.

Changes to Dives

Team's coaches may amend their Initial Dive Entries with respect to the specific dives to be performed by athletes by making the updates on the eDive report provided by the home team at the beginning of warm-ups. Changes must be turned into the computer operator by the end of warm-ups. Changes to dives after that time will be done on the board and will receive the lower Degree of Difficulty.

Order of Dives

Dive order shall be listed in the order as stated in Section III, Rule 8 below. It shall be verified as a Valid List by eDive.

Rule 6 Announcer

- a. The announcer shall read each diver's name and dive, starting with the official dive number and position, a description of the dive, including the board being used and the degree of difficulty, followed by the name of the on-deck diver.
- b. Following the complete entry into the water by the diver, the announcer shall ask for the judges' scores. After all scores are displayed, the announcer shall read the scores in the same order each time.
- c. Any error by the announcer shall not result in a failed dive for a diver. If the announcer incorrectly announces a dive for a diver and the diver subsequently performs the dive as listed on their sheet, the dive should be scored. If the diver attempts a dive incorrectly announced, provided the dive will not be repeated within their list, the dive should be scored and the sheet should be changed to reflect the dive announced and performed, or the diver can choose to repeat the corrected dive. However, it is the diver and coach's responsibility to listen to the dive announced by the announcer and make any corrections necessary. If the diver does not perform the dive as announced or listed on the sheet, the dive will be failed. (Exception: dives performed in the wrong position shall receive a maximum award of 2.) If the announcer reads a dive from the diver's sheet, but is out of order and the dive is performed by the diver, the dive is scored and calculated in its proper place on the diver's sheet. The diver shall perform the "skipped" dive in the next round of diving.

Rule 7 Dives

- a. A diver is permitted to change a dive that they are either unable to do, too afraid to do, or was listed incorrectly in the Initial Dive Entries. When a diver changes a dive on the board, the dive must receive the lower of the degree of difficulty between the dive listed in the Initial Meet Entries and the dive he/she performs.
- b. A diver may not repeat a dive. (i.e. - A diver may not do a 101A and a 101B. They are both the same dive, only in a different position.)
- c. Divers in the 8 and Under, 9 – 10, and 11 – 12 age groups may use a front jump 100, back jump 200, forward lineup 001 (fall) and back lineup 002 (fall) as dives throughout the regular meet season and the All-Star Meet. The degree of difficulty for 100 and 200 is 0.5. The degree of difficulty for 001 is 0.7 and 002 is 1.0. These dives are not allowed in the Championship Meet.
- d. Divers in events 1-6 may have one practice dive prior to the start of their grouped event. Divers in events 7-10 may have a maximum of two practice dives prior to the start of their grouped event. If

a diver takes excessive practice dives, causing the meet to be delayed, he/she shall be disqualified from the meet.

- e. Coaches may provide assistance for divers. If a diver requires assistance, the coach shall notify the dive judge referee prior to the event and the diver shall be declared as an exhibition diver. Coaches may not provide any diving assistance at the All-Star or Championship Meets.

Rule 8 General Diving Rules

a. Divers are not required to use an approach/hurdle for each dive. When a diver uses a forward approach, the steps shall be followed by a jump off one foot to a landing with both feet simultaneously. The approach for a backwards takeoff can begin with the divers' arms in a position of their choice and may be moved to preparatory positions provided no obvious attempt to start the dive is made.

b. The dives shall be performed as follows:

1. A diver may not do more than one required dive from the same group. (i.e. - A diver that has to do two required dives may not do a 101B and a 103 B as their required dives.)
2. A diver may not do more than one optional dive from the same group. (i.e. - A diver may not do a 202A and a 203C as two of their optional dives.)

8 & Under Total: Two Dives

One required dive from any of the following: 100 200 001 002 101 201 301 401

One optional dive from any of the following: 100 200 300 400 5000

9-10 Total: Three Dives

One required dive from any of the following: 100 200 001 002 101 201 301 401

Two optional dives from any of the following: 100 200 300 400 5000

11-12 Total: Four Dives

Two required dives from any of the following: 100 200 001 002 101 201 301 401

Two optional dives from any of the following: 100 200 300 400 5000

13-14 Total: Five Dives

Two required dives from any of the following: 101 201 301 401 5111

Three optional dives from any of the following: 100 200 300 400 5000

15-18 Total: Six Dives

Two required dives from any of the following: 101201 301 401 5111 Four optional dives from any of the following: 100 200 300 400 5000

*** A diver may not perform more than one optional dive from the same group. (i.e. – a diver may not perform a 202A and a 202C as two of their optional dives.

c. If a diver is distracted by an obvious and unforeseen circumstance that adversely affects his/her dive, the diver, not the coach, must inform the referee prior to the next diver performing his/her dive. If in the referee's opinion, something obvious distracted the diver, the referee may allow the diver to perform the dive again, as soon as the diver is ready to do so. (i.e. - When the diver is taking off the board, someone screams and the diver does not take off the board properly or someone

screams in the middle of the dive and the diver kicks out.) In events 1-4, the coach may assist the diver in addressing the referee.

- d. All “disputes” on a dive shall be resolved before the next diver performs their dive, with the exception of protests as outlined in these Rules.
- e. Diving scores may be corrected for mathematical errors up to the conclusion of the diving meet. Changes in order of finish, due to a mathematical error shall be corrected by the computer operator.

Rule 9 Judging / Referee

- a. Judges shall score the dives independently of any other judge. They should not look at another judge’s score for the purpose of assisting their score.
- b. Judges shall know the rules as listed herein and follow them to the best of their ability. Judges shall be provided with a copy of the NKSL Diving Judges Information Form by the host Team prior to each meet.
- c. Judges shall watch the entire dive from the moment the diver is set to perform the dive until the diver has completely cleared the water. In scoring the dive, they shall take into consideration **all** parts of the dive, including the approach, the hurdle, the take-off, the jump, the flight, the distance from the board, taking into consideration whether the dive is off to the side of the board, too close or too far away, the form and position and finally the entry, taking into consideration if the dive was short, straight in, over, clean or heavy.
- d. The referee shall meet with the judges, coaches, and announcer prior to the start of the Regular Season Meet to review rules, the NKSL Diving Judges Information Form, and discuss when he/she will stop counting twists.
- e. The referee shall make all determinations and calls regarding failed dives, maximum scores, disqualifications, balks, violations of approaches, errors of diving scores, changing of dives and interference with dives, consistent with these rules.
- f. The referee shall make any corrections to degree of difficulties according to the rules specified herein.
- g. A dive is complete when the diver’s body has completely passed below the surface of the water.
- h. Dives shall be performed in the following positions:
 - 1. Tuck-the diver is bent at both the hips and knees; deductions should be made for a split tuck if it affects the overall appearance of the dive.
 - 2. Pike-the diver is bent only at the hips with the legs straight and together; deductions should be made for the diver bending their legs or not having their legs together.

3. Layout-the diver is not bent at the hips or the legs and the legs remain together throughout the dive; deductions should be made for either of these infractions.
4. Free-the diver may use a combination of positions to perform twisting dives but must keep their legs together at all times; deductions should be made for failing to do so.

Rule 10 Deductions

a. A diver shall be disqualified for the following:

1. A diver does not have a valid entry, according to EDive, when the meet is scheduled to begin.
2. A diver or coach who exhibits unsportsmanlike conduct such as, but not limited to, arguing or taunting, will be asked to leave the meet. A coach may question a decision in a dignified manner, but may not insult, argue with or otherwise show a lack of respect for a judge or the referee.
3. A diver who does not make a legitimate attempt to complete the dives on their list will be disqualified. This includes going off the board but not making a legitimate attempt to complete the dive announced and divers who have to leave the meet for any reason, including illness, or a diver who refuses to perform a dive.
4. A diver that fails more than two dives in one meet will be disqualified.

b. The referee shall fail the dive, if in the referee's opinion:

1. A diver's feet hit first on a headfirst dive or a diver's feet do not hit first on a feet first dive.
2. A diver does not complete the dive that was announced and listed on the sheet. This would include over or under-rotating a dive such that it becomes another dive. (i.e. - A diver performs one somersault rather than the announced 1 ½ or a diver falls off the board into the water.)
3. A diver twists completely on the board. (i.e. - A diver performing a back dive with ½ twist, performs the twist almost completely before they leave the board.)
4. A non-exhibition diver has obvious assistance to perform the dive, other than water agitation. (i.e. A diver is called out of a double.)
5. A diver takes an extreme amount of time to do a dive after it has been announced.
6. A diver balks more than once on the same dive.
7. A diver does not complete the announced dive. This would include a diver falling off of the board into the water.

8. A diver twists greater than or less than 90° than the required amount for the dive indicated on their sheet. The dive is considered complete when the whole body is under the surface of the water.
 9. A diver repeats a dive either in execution or because it is listed on their sheet twice.
- c. A dive should receive a maximum of 4 ½ points per judge as instructed by the referee, when the following occurs:
1. The diver has one or both hands above their head when entering the water on a feet first dive, with the exception of a jump.
 2. The diver has one or both hands below their shoulders when entering the water on a head first dive.
 3. The diver partially alters the position of a dive (i.e. - A diver's legs are significantly bent while doing a back 1 ½ layout.).
 4. The diver partially twists from the board when performing a twisting dive.
- d. A dive should receive a maximum of 2 by each judge, as instructed by the referee, when the following occurs:
1. The dive is performed in the wrong position as listed on the score sheet.
 2. The diver hits the diving board during the execution of their dive.
 3. The diver makes no attempt to come out of a dive .
- e. Judges should deduct between ½ -2 points for “crow hopping” on a dive. A “crow hop” occurs on a back approach, when a diver's foot or feet leave the board prior to the diver's final spring from the board. The toes of the diver's feet should not leave the board prior to the diver jumping from the board for the execution of their dive.
- f. Two (2) points shall be deducted from each judge's score when a balk has been declared by the referee. A balk occurs when a diver makes an obvious attempt to begin their dive and then interrupts the continuous execution of the dive. Judges should score the dive as usual. The referee will instruct the announcer to deduct two points from each judge's score when the scores are read.
- g. Judges should deduct between 1-2 points when a diver splits their tuck.
- h. Deductions are unspecified when a diver is too close or too far away from the board, off to the side of the board, short or long on a dive or does not completely jump coming off the board.

SECTION IVa

Swimming Championship Meet
Rules and Regulations

The NKSL Board of Delegates shall do all things necessary to aid the host Team in carrying out the responsibilities of conducting the Championship Meet.

Rule 1 Date

The League Championship Meet shall be held at dates specified and agreed upon by the NKSL Board of Delegates.

Postponement of the League Championship Meet shall be made by the majority vote of the League Delegates, or in the absence of a majority of Delegates, by the League President.

Rule 2 Scoring

	Individual Events	Relays
1 st	16	24
2 nd	13	20
3 rd	12	18
4 th	11	16
5 th	10	15
6 th	9	14
7 th	7	11
8 th	5	8
9 th	4	6
10 th	3	5
11 th	2	3
12 th	1	2

Rule 3 Awards

Championship Meet:

- a. A permanent Team trophy for the 1st place Team, by regular season divisional classification, shall be awarded based on combined swimming and diving Championship Meet point totals.
- b. A permanent Team trophy for the 1st place diving Team shall be awarded based on diving Championship Meet point totals without regard to regular season divisional classifications.

Rule 4 Records

Records established at the Championship Meet (qualification/finals) shall only be broken during the competition (qualification/finals) of subsequent Championship Meets. Such records cannot be broken during Regular Season Meet competitions.

Rule 5 Expense Limit

The host Team for the Championship Meet shall be responsible for the initial expenses of the operation of the meet. The NKSL shall reimburse the host Team as soon as possible after the conclusion of the meet for any expenses incurred over and above any expenses initially approved by the NKSL.

Rule 6 Location of Championship Meet

The location of the Championship Swimming Meet shall alternate annually among NKSL Team pools having the standard competition length of 25 meters.

The location of the Championship and All Star Meets shall be as follows. Unless further revised, this rotation will begin again in the year 2023.

Year	All-Star Swim	Champ Swim	All-Star Dive	Champ Dive
2013	Beechwood	Ft Thomas	Cherry Hill	Five Seasons
2014	Cherry Hill	Beechwood	Oakbrook	Ft Thomas
2015	Five Seasons	Cherry Hill	Ludlow Bromley	Bluegrass
2016	Bluegrass	Five Seasons	Newport	Beechwood
2017	Ludlow Bromley	Bluegrass	Brookwood	Taylor Mill
2018	Newport	Ludlow Bromley	Florence	Five Seasons
2019	Taylor Mill	Newport	Cherry Hill	Ft Thomas
2020	Florence	Taylor Mill	Oakbrook	Beechwood
2021	Oakbrook	Florence	Newport	Bluegrass
2022	Ft Thomas	Oakbrook	Ludlow Bromley	Taylor Mill

Rule 7 Scratch Meeting

Scratch meeting- A swimmer may be scratched at this meeting but must not be entered in a new event. He or she may swim other events in which they have previously entered. If the swimmer is scratched for a good reason, the Meet Director or Referee may allow an alternate entry.

Rule 8 Individual Events / Entries

Each Team can only enter two (2) swimmers or divers in an individual event. An alternate may be listed for each individual event. If no alternate is listed then a Team cannot substitute a swimmer or diver in that event. Swimmers must have times recorded in the computer system during the season for any events they are being entered into the Champ Meet. The exception will be if they swam at Brookwood anytime during the season.

Rule 9 Relay Entries

Relay cards must be legibly filled out and submitted to the Meet Director during the Championship Meet Scratch Meeting. Each relay card must contain the following information:

- a. The full name of each of the four relay swimmers; and
- b. The full name of an alternate swimmer who could be used to replace one of the four swimmers designated in (a.) above.

The designated alternate must be a swimmer who:

1. in the 13 & older age group has competed in at least one other preliminary swimming event during the Championship Meet in question; and
2. Who is competing in the same age group as the swimmer being replaced unless they meet the requirements of section 9.d below.

The use of a designated alternate relay swimmer shall be permitted only under the following circumstances:

1. One of the four designated relay swimmers suffers an illness or injury which prevents that swimmer from swimming in the next scheduled relay event; and
 2. The head coach who is substituting a swimmer under this rule must, as early as possible, prior to the race in question, contact the Meet Referee and receive authorization for such substitution.
- c. Failure to follow all of the criteria set forth above for an alternate swimmer in a relay shall result in the disqualification of such relay and such relay shall be replaced in the finals by the next relay based on position of finish in the preliminaries.
- d. Moving up swimmers one age group will be permitted in the following circumstances:
1. A swimmer may only move up one higher age group to compete in a relay event provided there is no other swimmer in that age group entered to compete in any swimming event in the Championship Meet (Prelims/Finals).
 2. If a Team has less than 4 swimmers entered in the Championship Prelims/Finals in that particular age group, then up to two eligible swimmers, as defined in Section I, Rule 6, may be moved up from the next youngest age group.
 3. Under no circumstances will a relay be permitted to compete without at least two swimmers in the age group swimming in the relay.

Rule 10: Competition and Championship Qualification

See Section I, Rule 6.

Rule 11: Championship Heats

Scoring shall be determined by the order of finish in the championship final heat (places 1-6) and consolation final heat (places 7-12). There shall be no consolation final heats in and places 7th-12th shall be scored according to the times recorded in the preliminary competition for the following events: 200 Free, Medley Relay and Free Relay.

In each event with a consolation final, the consolation final heat will be swum prior to the championship final heat.

In the event that a swimmer or relay is disqualified while competing in the championship final heat or consolation final heat, that swimmer or relay will neither earn awards nor will they earn points.

Unless otherwise stated in this Rule, all USA Swimming Rules & Regulations, as they apply to championship finals and consolation finals, shall govern.

SECTION IVb

Diving Championship Meet **Rules and Regulations**

The NKSL Board of Delegates shall do all things necessary to aid the host Team carrying out the responsibilities of conducting the Championship Meet.

Rule 1 Date

The League Championship Meet shall be held at dates specified and agreed upon by the NKSL Board of Delegates.

Postponement of the League Championship Meet shall be made by the majority vote of the League Delegates, or in the absence of a majority of Delegates, by the League President.

Rule 2 Scoring

All rules for competition apply as noted in Section III, Rules 3 and 7-10 and Section IVa, Rule 2.

Rule 3 Event Scoring

The NKSL will contract with five individuals not directly affiliated with the League to serve as diving judges and the referee for the Championship Meet. These individuals may be compensated by the League for their services.

Rule 4 Awards

A permanent Team trophy for the 1st and 2nd place diving Teams shall be awarded based on diving Championship Meet point totals without regard to regular season divisional classifications.

Rule 5 Expense Limit

The host Team for the Championship Meet shall be responsible for the initial expenses of the operation of the meet.

Rule 6 Location of Championship Meet

Location of Championship Meet shall be governed by Section IVa, Rule 6.

Rule 7 Individual Events / Entries

Each Team can only enter two (2) divers in an individual event. An alternate may be listed for each individual event. If no alternate is listed then a Team cannot substitute a diver in that event.

Section Va

Swimming All-Star Meet Rules and Regulations

The NKSL Board of Delegates shall do all things necessary to aid the host team in carrying out the responsibilities of conducting the All-Star Swimming Meet.

Rule 1 Date and Location

The League All-Star Meet shall be held at dates specified and agreed upon by the NKSL Board of Delegates. The location shall be determined by Section IVa, Rule 6. Postponement of the All-Star Meet shall be made by the majority vote of the League Delegates, or in the absence of a majority of Delegates, by the League President.

Rule 2 Scoring

The NKSL All-Star Meet shall not have team scoring

Rule 3 Awards

Medals shall be awarded to the top twelve finishers of each event in the NKSL All-Star Meet.

Rule 4 Individual Events / Entries

Each team can enter an unlimited number of swimmers in an individual event. An individual swimmer may only be entered in two (2) individual events in the NKSL All-Star Meet. Swimmers are not required to have competed in an individual event during the regular season when entering said event in the All-Star Meet.

Rule 5 Order of Events

The NKSL shall use a modified order of events for the All-Star Meet. The Order of Events is attached as Exhibit B at the end of these rules.

Section Vb

Diving All-Star Meet Rules and Regulations

The NKSL Board of Delegates shall do all things necessary to aid the host team in carrying out the responsibilities of conducting the All-Star Diving Meet.

Rule 1 Date and Location

The League All-Star Meet shall be held at dates specified and agreed upon by the NKSL Board of Delegates. The location shall be determined by Section Iva, Rule 6. Postponement of the All-Star Meet shall be made by the majority vote of the League Delegates, or in the absence of a majority of Delegates, by the League President.

Rule 2 Scoring

All rules for competition apply as noted in Section III, Rule 3 and Rules 7 – 10. The NKSL All-Star Meet shall not have team scoring.

Rule 3 Event Scoring

The judges and referee for the NKSL All-Star Diving Meet shall be comprised of volunteers representing the member clubs.

Rule 4 Awards

Medals shall be awarded to the top twelve finishers of each event in the NKSL All-Star Meet.

Rule 5 Individual Events / Entries

Each team can enter an unlimited number of swimmers in an individual event.

APPENDIX I NKSL Summer Schedule

Diving	Week	Dates	Swimming
White 1 @ Red 3 Blue 2 @ Red 2 Red 1 & Blue 3 @ Red 4 White 4 @ White 3 Blue 1 @ White 2	1		Red 3 @ White 1 Red 2 @ Blue 2 Red 4 & Blue 3 @ Red 1 White 3 @ White 4 White 2 @ Blue 1
Blue 1 @ Red 1 Red 2 @ White 1 White 2 @ Red 4 Red 3 & Blue 2 @ White 3 White 4 @ Blue 3	2		Red 1 @ Blue 1 White 1 @ Red 2 Red 4 @ White 2 White 3 & Blue 2 @ Red 3 Blue 3 @ White 4
White 1 @ Red 1 White 3 @ White 2 Red 3 @ Blue 3 Red 4 @ Blue 2 Red 2 & White 4 @ Blue 1	3		Red 1 @ White 1 White 2 @ White 3 Red 3 @ Blue 3 Blue 2 @ Red 4 White 4 & Blue 1 @ Red 2
Red 3 @ Red 2 White 2 & Blue 3 @ White 1 Red 1 @ White 3 Red 4 @ White 4 Blue 2 @ Blue 1	4		Red 2 @ Red 3 White 1 & Blue 3 @ White 2 White 3 @ Red 1 White 4 @ Red 4 Blue 1 @ Blue 2
Red 2 @ Red 1 White 2 @ Red 3 White 3 & Blue 2 @ Red 4 White 1 @ White 4 Blue 1 @ Blue 3	5		Red 1 @ Red 2 Red 3 @ White 2 Red 4 & White 3 @ Blue 2 White 4 @ White 1 Blue 3 @ Blue 1
Red 1 @ Red 3 Red 4 @ Red 2 White 3 @ White 1 White 4 & Blue 1 @ White 2 Blue 3 @ Blue 2	6		Red 3 @ Red 1 Red 2 @ Red 4 White 1 @ White 3 White 2 & Blue 1 @ White 4 Blue 2 @ Blue 3

Each Division will be drawn separately. Team names will be drawn one at a time and assigned a schedule spot (i.e. Red 1, Red 2... etc.) until all Teams have an assignment. Three Teams each year, one from each Division, shall host only two home Regular Season Swim Meets and corresponding Regular Season Dive

Meets. The Team that hosts the Championship Swim Meet that year shall only host two home Regular Season Swim Meets and corresponding Regular Season Dive Meets and the League will attempt to rotate this obligation among other Division Teams to the best of its ability.

APPENDIX II

Summary Of Judging Specifications From US Diving Rule book

Rule 107.7 states “The referee shall manage the competition and insure that all regulations are observed. The referee should meet with the judges before the contest to go over the rules.”

REFEREE SHALL FAIL THE DIVE IF:

- a. The performed dive is incorrect (not on the sheet/not announce). (106.9)
- b. There is obvious assistance. (106.10)
- c. The diver balks twice. (108-3)
- d. The diver falls into the water. (108.4)
- e. The diver's feet enter the water first on a head-first entry. (110.2.f)

REFEREE INSTRUCTS ANNOUNCER TO DEDUCT 2 POINTS FROM EACH JUDGE'S SCORE IF:

- a. A diver balks (any doubt is given to diver). (108.5)
- b. A diver takes a hurdle with 2 feet. (110.2.c)

REFEREE IMPOSES A MAXIMUM SCORE ON THE JUDGES IF:

- a. A dive was performed in the wrong position--maximum score of 2. (109.2)
- b. A dive is considered deficient--maximum score of 4.5. (109.2)

JUDGES TO EXERCISE THEIR DISCRETION, WITHIN THESE LIMITS, IF:

- a. The diver rocks excessively or crow hops--deduct 0-2 points. (110.2.d)
- b. A diver is too close to the board, or off to the side--deduction is unspecified. (110.2.d)
- c. A diver bends knees of a “straight” dive--deduction is unspecified. (10.2.e)
- d. A diver splits his tuck--deduct from 172 points. (110.2.e)

Exhibit A
Swimming and Diving Event List

Event		Age Group	Description	Event		Age Group	Description
1	Boys	8 & Under	Diving	2	Girls	8 & Under	Diving
3	Boys	9 – 10	Diving	4	Girls	9 – 10	Diving
5	Boys	11 – 12	Diving	6	Girls	11 – 12	Diving
7	Boys	13 – 14	Diving	8	Girls	13 – 14	Diving
9	Boys	15 - 18	Diving	10	Girls	15 - 18	Diving
11	Boys	Open	200m Free	12	Girls	Open	200m Free
13	Boys	8 & Under	100m Medley Relay	14	Girls	8 & Under	100m Medley Relay
15	Boys	9 – 10	200m Medley Relay	16	Girls	9 – 10	200m Medley Relay
17	Boys	11 – 12	200m Medley Relay	18	Girls	11 – 12	200m Medley Relay
19	Boys	13 – 14	200m Medley Relay	20	Girls	13 – 14	200m Medley Relay
21	Boys	15 - 18	200m Medley Relay	22	Girls	15 - 18	200m Medley Relay
23	Boys	8 & Under	25m Free	24	Girls	8 & Under	25m Free
25E	Boys	9 – 10	25m Free	26E	Girls	9 – 10	25m Free
25	Boys	9 – 10	50m Free	26	Girls	9 – 10	50m Free
27	Boys	11 – 12	50m Free	28	Girls	11 – 12	50m Free
29	Boys	13 – 14	100m Free	30	Girls	13 – 14	100m Free
31	Boys	15 - 18	100m Free	32	Girls	15 - 18	100m Free
33	Boys	8 & Under	25m Breast	34	Girls	8 & Under	25m Breast
35	Boys	9 – 10	50m Breast	36	Girls	9 – 10	50m Breast
37	Boys	11 – 12	50m Breast	38	Girls	11 – 12	50m Breast
39	Boys	13 – 14	50m Breast	40	Girls	13 – 14	50m Breast
41	Boys	15 - 18	50m Breast	42	Girls	15 - 18	50m Breast
43	Boys	13 – 14	50m Free	44	Girls	13 – 14	50m Free
45	Boys	15 - 18	50m Free	46	Girls	15 - 18	50m Free
47	Boys	8 & Under	25m Back	48	Girls	8 & Under	25m Back
49E	Boys	9 – 10	25m Back	50E	Girls	9 – 10	25m Back
49	Boys	9 – 10	50m Back	50	Girls	9 – 10	50m Back
51	Boys	11 – 12	50m Back	52	Girls	11 – 12	50m Back
53	Boys	13 – 14	50m Back	54	Girls	13 – 14	50m Back
55	Boys	15 - 18	50m Back	56	Girls	15 - 18	50m Back
57	Boys	8 & Under	25m Fly	58	Girls	8 & Under	25m Fly
59	Boys	9 – 10	50m Fly	60	Girls	9 – 10	50m Fly
61	Boys	11 – 12	50m Fly	62	Girls	11 – 12	50m Fly
63	Boys	13 – 14	50m Fly	64	Girls	13 – 14	50m Fly
65	Boys	15 - 18	50m Fly	66	Girls	15 - 18	50m Fly
67	Boys	9 – 10	100m IM	68	Girls	9 – 10	100m IM
69	Boys	11 – 12	100m IM	70	Girls	11 – 12	100m IM

71	Boys	13 – 14	100m IM	72	Girls	13 – 14	100m IM
73	Boys	15 - 18	100m IM	74	Girls	15 - 18	100m IM
75	Boys	8 & Under	100m Free Relay	76	Girls	8 & Under	100m Free Relay
77	Boys	9 – 10	200m Free Relay	78	Girls	9 – 10	200m Free Relay
79	Boys	11 – 12	200m Free Relay	80	Girls	11 – 12	200m Free Relay
81	Boys	13 – 14	200m Free Relay	82	Girls	13 – 14	200m Free Relay
83	Boys	15 - 18	200m Free Relay	84	Girls	15 - 18	200m Free Relay

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Exhibit B
NKSL All-Star Swimming Order of Events

Event		Age Group	Description	Event		Age Group	Description
1	Boys	7 & Under	25 Free	2	Girls	7 & Under	25 Free
3	Boys	8	25 Free	4	Girls	8	25 Free
5	Boys	9 – 10	50 Free	6	Girls	9 – 10	50 Free
5E	Boys	9 – 10	25 Free	6E	Girls	9 – 10	25 Free
7	Boys	11 – 12	50 Free	8	Girls	11 – 12	50 Free
9	Boys	13 – 18	50 Free	10	Girls	13 – 18	50 Free
11	Boys	8 & Under	25 Breast	12	Girls	8 & Under	25 Breast
13	Boys	9 – 10	50 Breast	14	Girls	9 – 10	50 Breast
15	Boys	11 – 12	50 Breast	16	Girls	11 – 12	50 Breast
17	Boys	13 – 18	50 Breast	18	Girls	13 – 18	50 Breast
19	Boys	7 & Under	25 Back	20	Girls	7 & Under	25 Back
21	Boys	8	25 Back	22	Girls	8	25 Back
23	Boys	9 -10	50 Back	24	Girls	9 – 10	50 Back
23E	Boys	9 – 10	25 Back	24E	Girls	9 – 10	25 Back
25	Boys	11 – 12	50 Back	26	Girls	11 – 12	50 Back
27	Boys	13 – 18	50 Back	28	Girls	13 – 18	50 Back
29	Boys	8 & Under	25 Fly	30	Girls	8 & Under	25 Fly
31	Boys	9 – 10	50 Fly	32	Girls	9 – 10	50 Fly
33	Boys	11 -12	50 Fly	34	Girls	11 – 12	50 Fly
35	Boys	13 – 18	50 Fly	36	Girls	13 – 18	50 Fly