

NORTHERN KENTUCKY SWIM LEAGUE¹

Rules and Regulations (the “Rules”)

SECTION 1

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). If both teams agree, both diving and swimming can be contested on Thursday.

The Board of Delegates² shall set the dates of the League Championship and NKSL Classic Meets.

Rule 2: Divisions and Team Standings

A. Divisions and Regular Season Standings

The member Teams³ of the League shall be divided into an “A”, “B”, and “C” Division.

The League President will compile Regular Season Division standings. 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.

Division standings will be compiled and published based upon the win/loss/tie record for all Regular Season Meets between teams in the same Division.

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 and diving.

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

1. 1st Tiebreaker: Head-to-head record between the Teams involved determines the Final Regular Season Division Standings in the event of a tie.
2. 2nd Tiebreaker: If 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. If the tie only involves the Final Regular Season Division Standings for diving, the tie shall be broken by results of the Championship Diving competition only.

B. Initial Divisions

Initially, as of the beginning of the 2022 season, the divisions will be comprised of the following teams:

1. A Division

- a. Bluegrass
- b. Five Seasons
- c. Newport

2. B Division

- a. Beechwood
- b. Florence
- c. Fort Thomas

3. C Division

- a. Brookwood
- b. Oakbrook
- c. Taylor Mill

The current division alignment will be in effect for three years. Following the 2024 season, the divisions will be realigned based upon the results of the League's Championship competition. Similar realignments will take place every three years thereafter.

Beginning with the 2019 season, and until otherwise determined by the Board of Delegates, members of Ludlow-Bromley Swim Club will be eligible to compete as members of the swimming and diving teams fielded by Bluegrass Swim Club.

Rule 3: Interruption of Regular Season Meet

An interrupted dual or double-dual 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 cancelled 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 warm-up times, each Team shall receive their full allotment of warm-up time and the Regular Season Meet shall begin after all Teams have compiled 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 if 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 Team 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 div, 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 11PM. If a series of events for one stroke begins before 11PM, it may be completed, but no further series of events for another stroke should begin. At 11PM, and remaining events in the Regular Season Meet *may* be rescheduled following the procedures outlined in this section.

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 the 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. Decisions on rescheduling a postponed meet shall follow Section 1, Rule 3.

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 Rules 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 coach 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.

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 age 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 rules 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 as exception.

Rule 7: Protest

Swimming Disqualification Protests

Any swimming protest against the judgement 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 the protested event and shall be made only by the Team's head swim coach or Delegate. The designated meet referee shall render 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 the 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 render a decision within ten (10) minutes of receiving a protest and his/her decision is final

All discussions concerning any dive meet protest shall be held by convening a private meeting including only the designated dive 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.

Protestable items shall include anything requiring a specific deduction as noted in Appendix 2, Summary of Judging Specifications from US Diving Rule Book. Items in which an individual judge exercises their discretion, may not be protested.

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 effected awards shall not be given, and points scored shall not be allocated until the appeal is resolved or is withdrawn in writing.

Rule 8: Regular Season Meets – Points Scoring

During Dual and Double-Dual Meets, scoring shall be as follows:

	Individual Events	Relay Events
1 st Place	5	10
2 nd Place	3	6
3 rd Place	1	

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

Rule 9: Top Twelve

Regular Season Meets 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 via the League's website. The top twelve reports 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 send via email the computer software files 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 media 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 regarding swimsuits.

- A. Swimwear shall include only a swimsuit, cap, and goggles. It is not permissible to wear more than two (2) caps. Armbands or leg bands shall not be regarded as parts of the swimsuit and are not allowed.
- B. In swimming competitions, the swimmer must wear only one swimsuit in one piece. All swimsuits shall be made from textile materials. For men, the swimsuit shall not extend

above the navel nor below the knees, and for women, shall not cover the neck, extend past the shoulder, nor extend below the knee.

- C. Swimsuits worn for competition must be non-transparent and conform to the current concept of the appropriate.
- D. No Technical Suits shall be worn by any 12 & under in competition.
 - a. A technical suit is one that has the following components:
 - i. Any suit with any bonded or taped seams regardless of its fabric or silhouette; or
 - ii. Any suit with woven fabric extending past the hips.
 - b. Suits made from woven or knit fabric AND sewn seams that does not extend below the knees is permitted.
- E. Tie-back suits shall not be permitted
- F. Swimwear that advertises other organizations such as an athletes High School, USA Swimming, USA Diving, or YMCA Swimming team shall not be worn in competition.

Exemptions to the foregoing restrictions may be granted for a swimmer, on a case-by-case basis, by the NKSL President. Exemptions will be granted only for conflicts due to the swimmer's verified religious beliefs, verified medical conditions or other reasons deemed appropriate by the NKSL President. No exemptions to these restrictions will be granted for a swimsuit that will give the swimmer a competitive advantage.

Rule 12: Alcohol and Tobacco Use

During any Regular Season Meet or Postseason 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 Delegates 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 and Concussion Training for Coaches and Primary Volunteers

All coaches for League Teams and any Primary Team volunteers who have individual contact with Team athletes who are not their children shall voluntarily submit to a League background check when hired. Primary volunteers are individuals who regularly work with athletes that are not their own children. 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 will prohibit them from attending Team activities and could prohibit the Team from participating in League competition unless and until all needed background checks are completed. Additional background checks for coaches and Primary volunteers shall be completed every three years should an individual continue to serve in that position.

All coaches must complete online Concussion training offered by the Center for Disease Control. Concussion training must be completed no later than June 1st. Failure of any coach to complete this training will prohibit them from attending Team activities and could prohibit the Team from participating in League competition unless and until all needed concussion trainings are completed.

SECTION 2

REGULAR SEASON SWIM MEET OPERATIONS

Rule 1: Starts, Strokes, and Turns Standards

The League shall follow all rules and regulations of United States Swimming (USA), as amended, unless otherwise noted in these rules and regulations.

- A. 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.
- B. During Regular Season Meets, the USA whistle start will not be used. The NKSL will use spoken commands.
- C. 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.

The NKSL encourages review of the current USA rules and regulations by Teams.

Attendance by all swim coaches at coaches' meetings hosted by the NKSL is required.

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 season for all age groups.

Rule 3: Warm-up Times, Meet Start Times, and Heat Designations

- A. For Dual Meets, the host team shall warmup-up from 5:30 – 5:55PM while the visiting team shall warm-up from 5:55 – 6:20PM. For Double-Dual Meets, the host team shall warm-up from 5:05 – 5:30PM, Visiting Team 1 from 5:30 – 5:55PM and Visiting Team 2 from 5:55 – 6:20PM. For Double-Dual Meets, Visiting Team 1 shall be the first team listed on the schedule and Visiting Team 2 the second team. Participating Teams can work amongst themselves to combine warm-up sessions in any way that they mutually see fit if warm-ups conclude by 6:20PM.
- B. Regular Season Meets consist of the list of events shown in exhibit A. In relay events there shall be one (1) heat of relays. In individual events there shall be one (1) scoring heat and a limit of three (3) exhibition heats.
- C. Regular Season Meets shall begin promptly at 6:30PM.
- D. Lane Assignments
 - a. For Dual Meets, the odd lanes are designated for the host team and even lanes for the visiting Team.
 - b. For Double-Dual Meets, the host Team shall use lanes 2 and 5, Visiting Team 1 shall use lanes 1 and 4, and Visiting Team 2 shall use lanes 3 and 6.
- E. Meet Entry Deadlines
 - a. Each Team shall submit its meet entry file (the “Initial Entries”) to the opposing Team’s League Delegate, head swim coach or designee, and the League computer consultant by 6PM the evening before the scheduled meet (the “Meet Entry Deadline”).
 - b. Each Team *must* submit entries for and fill all open lanes in the scoring heat for each event before submitting any entries for any open lanes in exhibition heats of the same event.
 - c. 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.
 - d. 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.
- 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 Section 2, 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 the 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

The NKSL shall use a standard League award for Regular Season Meets.

Each Team shall be responsible for generating and distributing awards to their swimmers following a Regular Season Meet.

There is no standard format Teams must follow when generating awards for their teams. The NKSL suggests that swimmers 12 and under receive awards for 1st – 6th place in each heat of each event, including relays. The NKSL suggest that swimmers 13 and over receive ribbons for 1st – 3rd place in the first (scoring) heat of each event, including relays.

Rule 6: Equipment Required for Regular Season Meet Competition

The following is a list of equipment required for operating a Regular Season Meet

- A. One starting mechanism
- B. Lane Lines
- C. Public Address System
- D. Twelve stop watches
 - a. In a Dual Meet, each competing Team shall furnish six stopwatches.

- b. In a Double-Dual Meet, each competing Team shall furnish four stopwatches.
- E. Scorer's Table for announcer, computer operator, and awards
- F. Clipboards for timers and officials
- G. Awards
- H. Starting Blocks on at least the side of the pool where the majority of events will begin.
- I. Backstroke Flags
- J. Computer, Printer, 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
 - a. Dual Meets – Each competing Team provides three timers
 - b. Double Dual Meets – Each competing Team provides two timers
- D. Backup Timer – Host Team
- E. Lane Place Judges
 - a. Dual Meets – Each competing Team provides three lane place judges
 - b. Double Dual Meets – Each competing Team provides two lane place judges
 - c. The Lane Place Judges shall also operate a stopwatch during each heat of each event.
- F. Stroke and Turn Judges – Each competing Team provides one stroke and Turn Judge.
 - a. Stroke and Turn Judges 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 on his/her assigned judging lanes or end of the pool.
- G. Order of Finish Judge
- H. Announcer – Host Team
- I. Computer Operator – Host Team
- J. Assistant Computer Operator – Visiting Team(s)
- K. Awards – Each competing Team supplies an awards worker if they are processing their Team's awards at the meet.
- L. Runner – Host Team

Rule 8: NKSL Regular Season Meet - Timing and Scores Rules

There shall be a Timer and Lane Place Judge assigned to each lane. There shall also be an Order of Finish Judge placed in a location which will allow them to see the finished for all lanes in the event. No Timer, Lane Place Judge, or Order of Finish Judge shall sit in any lifeguard or other raised chair on the pool deck to execute his / her duties.

The primary purpose of the timer is to start their stopwatch at the appropriate time and stop it when any portion of the swimmers body touches the wall at the end of the designated distance

for the event. The primary purpose of the Lane Place Judge is to determine what place the swimmer in their lane finished during each heat. The primary purpose of the Order of Finish Judge is to observe and record his/her view of the order of finish for all six lanes.

When a heat is completed, the timer from the stopwatches from both the Timer and the Lane Place Judge shall be recorded on the Lane/Timer Sheets for the swimmer in their lane. The Lane Place Judge shall also record which place they believe the swimmer in their lane finished in the heat.

The official order of finish shall be determined by each Lane Place Judges view of the finish of his/her lane. In the event of a discrepancy in the order of finish as noted by the Lane Place Judges, the computer operator shall apply the order of finish as recorded by the Order of Finish Judge. This application of order of finish shall be made without reference to the recorded times. If a time is not recorded for a swim for any reason, no time shall be entered for that swim and the swim shall be assigned a place using the rules set forth above.

If necessary, the computer operator shall perform a Judge's Decision in the software to ensure that the proper places are assigned to heat swimmer irrespective of the recorded times.

SECTION 3

REGULAR SEASON DIVE MEET OPERATIONS

Rule 1: Schedule for Dive Regular Season Meets

Dive Regular Season Meets shall be held on Tuesdays. Starting times for the meets shall be 6:30PM. For Dual Meets, the home Team shall warm-up from 5 – 5:30PM and the visiting Team shall warm-up from 5:30 – 6:15PM. For Double-Dual Meets, the home Team shall warm-up from 4:15 – 4:45PM, visiting Team 1 shall warm-up from 4:45 – 5:30PM and visiting Team 2 shall warm-up from 5:30 – 6:15PM.

Participating Teams can work amongst themselves to combine warm-up session in any way that they mutually see fit, if warm-ups conclude by 6:15PM

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) do not, or vice versa, the host Team shall offer additional practice time to the visiting Team at a time mutually agreed to by each Team's coaches, Delegates and pool management.

Rule 2: Equipment and Volunteers Required for Regular Season Dive Meet Competition

The host Team shall provide the following equipment for each Regular Season Meet.

- A. Five (5) regulation diving score cards
- B. Five (5) copies of the NKSL Diving Judges Information sheets
- C. One (1) computer with one (1) printer
- D. Public Address System

The following individuals are required for each Regular Season Dive Meet

- A. Announcer – Host Team
- B. Five Diving Judges
 - a. Dual Meets – the Host Team provides three (3) judges, and the Visiting Team provides two (2) judges
 - b. Double Dual Meets – the Host Team provides one (1) judge while each Visiting Team provides two (2) judges
- C. Diving Referee – Host Team
 - a. The Diving Referee may serve as one of the Judges
- D. Computer Operator – Host Team
- E. Table Worker – Visiting Team

If the visiting Team cannot provide two diving judges, the host Team should provide the remaining judges if 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.

If the host Team is unable to provide three (3) host Team judges, the visiting Team should provide the remaining additional judges provided a minimum of one day of notice is given to the visiting Team. If the visiting Team cannot provide the needed additional diving judges, the Regular Season Meet can proceed with the use of a minimum of two (2) visiting Team judges and one (1) host Team judge with no individual judge's score being deleted in the calculation of overall dive scores.

At each Regular Season Meet, there will either be five (5) diving judges, or three (3) diving judges as set forth in this rule. The computer operator shall update the software to reflect the appropriate number of judges prior to printing required reports.

If the host Team cannot provide a qualified and knowledgeable diving meet referee, then the visiting Team may supply the diving meet referee. If no Team can provide a qualified and knowledgeable diving meet referee each Team's coach shall serve as the diving meet referee for the other Team's athletes.

Rule 3: Diving Events and Scoring

A list of diving events that will be contested in the NKSL will be found in exhibit A.

The boys and girls diving events for an age-group will be run simultaneously. Events from multiple age-groups may be combined when agreed upon by all teams' coaches. The order of

divers in each event shall be randomly determined by the computer software and will be maintained throughout the entire event.

Divers must compete in their age group only.

Each Team may have a maximum of ten (10) divers in each event; however, each Team may only have a maximum of three (3) divers scored in each event, with all other divers in an event entered as exhibition. The divers from each Team to be scored in each event shall be designated in the Team's Initial Dive Entries (as defined herein).

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

Rule 4: Awards for Regular Season Dive Meets

The NKSL shall use a standard League award for Regular Season Dive Meets.

Each Team shall be responsible for generating and distributing awards to their swimmers following a Regular Season Dive Meet.

There is no standard format Teams must follow when generating awards for their teams. The NKSL suggests that divers 12 and under receive awards for 1st – 6th place in each event. The NKSL suggest that divers 13 and over receive ribbons for 1st – 3rd place in each event.

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

When entering Regular Season Dive Meets, the following will apply:

- A. Regular Season Dive Meet entries are due to the opposing Team, League Delegates, and the League computer consultant no later than 12PM on the day of the competition (the "Dive Meet Entry Deadline") and should be submitted via electronic mail in a format compatible with the computer software.
- 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 meet; all other divers shall be entered as exhibition divers.
- C. If a diver who is 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 outlines in this section.

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

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 report provide 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.

Dive order shall be listed in the order stated in Section 3, Rule 8 below. It shall be verified as a valid list in the computer software.

Rule 6: Announcer

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.

Following the complete entry into the water by the diver, the announcer shall ask the judges' scores. After all scores are displayed, the announcer shall read the scores in the same order each time.

Any error by the announcer shall not result in a failed dive for the diver. If the announcer incorrectly announces a dive for the 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 it is out of order and the diver 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

For a dive to be performed in NKSL competition, it must appear in the – FINA Table of Degrees of Difficulty as amended for the NKSL.

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 degree of difficulty between the dive listed in the Initial Meet Entries and the dive he/she performs.

A diver may not repeat a dive. For example, a diver may not perform 101A and 101B as they are the same dive, just in different positions.

During a Regular Season Dive Meet, all age groups may use a front jump 100, back jump 200, forward lineup 001 (fall) and back lineup 002(fall) as dives. 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 may also be performed in the All-Star Meet. Coaches should notify the referee ahead of time of any divers performing jumps or lineups in the 13 and over age groups and these divers shall be marked as exhibition. During competition, judges will be looking for an appropriate approach for the dive category on all jumps and lineups (multistep approach, arm circles). The jump will be scored on all elements. These dives MAY NOT be performed in the NKSL Championship Meet.

Divers in events 1 – 6 may have one (1) practice dive prior to the start of their groups event. Divers in events 7 – 10 may have a maximum of two (2) practice dives prior to the start of their grouped event. If a diver takes excessive practice divers, causing the meet to be delayed, he/she shall be disqualified from the meet.

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 and NKSL Championship Meet.

A diver may withdraw from a diving competition at any time for any reason by notifying the referee

Rule 8: General Diving Rules

Divers must use an approach / hurdle for each dive. Divers in events 1 – 4 may use two or more steps followed by a hurdle. A diver's approach in events 5 – 10 must include a minimum of three steps plus the hurdle for divers with a forward takeoff. The steps on a forward approach shall be followed by a jump off one foot to a landing with both feet simultaneously at the end of the board followed by a takeoff from the board by both feet simultaneously sufficient to perform the announced dive. 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. A violation of the forward approach by either taking less steps than required or failing to land with both feet simultaneously prior to takeoff will be called by the referee. Judges will score the dive as usual. Two points from each judge's score will be taken off by the announcer when reading the awards.

The dives shall be performed as follows

- A. A diver may not do more than one required dive from the same group. For example, a diver that must do two required dives may not do a 101B and 103B as their required dives.
- B. A diver may not do more than one optional dive from the same group. For example, a diver may not do a 202A and a 203C as their optional dives.

- C. Dives lists should be comprised of the following:
- a. 8 & Under – Two total dives
 - i. One required dive from: 100 200 001 002 101 201 301 401
 - ii. One optional dive from: 100 200 300 400 5000
 - b. 9 and 10 – Three total dives
 - i. One required dive from: 100 200 001 002 101 201 301 401
 - ii. Two optional dives from: 100 200 300 400 5000
 - c. 11 and 12 – Four total dives
 - i. Two required dives from: 100 200 001 002 101 201 301 401
 - ii. Two optional dives from: 100 200 300 400 5000
 - d. 13 and 14 – Five total dives
 - i. Two required dives from: 100* 200* 001* 002* 101 201 301 401 5111
 - ii. Three optional dives from: 100 200 300 400 5000
 - e. 15 to 18 – Six total dives
 - i. Two required dives from: 100* 200* 001* 002* 101 201 301 401 5111
 - ii. Four optional dives from: 100 200 300 400 5000
 - f. Dives marked with * may be performed by divers in that age group, but the diver shall be marked exhibition.

Swim caps may be worn only when medically necessary. If a diver needs to wear a swim cap, the coach must disclose this to the meet referee prior to the start of the meet.

If a diver is distracted by an obvious and unforeseen circumstance that adversely affects his/her dive, the diver 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. **In events 1 – 4, the coach may assist the diver in addressing the referee.**

All "disputes" on a dive shall be resolved before the next diver performs their dive, except for protests as outlined in these Rules.

Diving scores may be corrected for mathematical errors up to the conclusion of the diving meet. Changes in the order of finish, due to a mathematical error shall be corrected by the computer operator.

Rule 9: Judging / Referee

Judges shall score the dives independently of any other judge. They should not look at another judge's scores for the purpose of assisting their score.

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.

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.

The referee shall meet with the judges, coaches, and announcer prior to the start of the Regular Season Dive Meet to review rules, the NKSL Diving Judges Informational Form, and discuss when he/she will stop counting twists.

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.

The referee shall make any corrections to degree of difficulties according to the rules specified herein.

A dive is complete when the diver' body has completely passed below the surface of the water.

Dives shall be performed in the following positions:

- A. 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.
- B. 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.
- C. 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.
- D. Free – the diver may use a combination of positions to perform twisting dives but must always keep their legs together; deductions should be made for failing to do so.

Rule 10: Deductions

A diver should be disqualified for the following:

- A. A diver does not have a valid entry; according to the computer software when the meet is scheduled to begin.
- B. 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, the referee, or another coach.
- C. 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 must leave the meet for any reason, including illness, or a diver who refuses to perform a dive.
- D. A diver that fails two dives in one meet will be disqualified.

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

- A. A diver's feet hit first on a headfirst dive or a diver's feet do not hit first on a feet first dive.
- B. A diver does not complete the dive that was announced and listed on the sheet. This would include over and under-rotating a dive such that it becomes another dive. For example, a diver performs one somersault rather than the announced 1½ or a diver falls off the board into the water.
- C. A diver twists completely on the board. For example, a diver performing a back dive with ½ twist performs the twist almost completely before they leave the board.
- D. A non-exhibition diver has obvious assistance to perform the dive, other than water agitation. For example, a diver is "called" out of a double.
- E. A diver takes an extreme amount of time to do a dive after it has been announced.
- F. A diver balks more than once on the same dive.
- G. A diver does not complete the announced dive, this would include a diver falling off the board into the water.
- H. 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.
- I. A diver repeats a dive either in execution or because it is listed on their sheet twice.

A dive should receive a maximum of 4 ½ points per judge as instructed by the referee, when the following occurs:

- A. The diver has one or both hands above their head when entering the water on a feet first dive, except for a jump.
- B. The diver has one or both hands below their shoulders when entering the water on a headfirst dive.
- C. The diver partially alters the position of a dive. For example, a diver's legs are significantly bent while doing a back 1 ½ layout.
- D. The diver partially twists from the board when performing a twisting dive.

A dive should receive a maximum of 2 by each judge, as instructed by the referee, when the following occurs:

- A. The dive is performed in the wrong position as listed on the score sheet.
- B. The diver hits the diving board during the execution of their dive. Ponytails or unsecured hair touching the board is not considered hitting the board. Hair is not considered a body part.
- C. The diver makes no attempt to come out of a dive.

Judges should deduct between ½ and 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.

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.

Judges should deduct between 1 – 2 points when a diver splits their tuck.

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 4

Swimming 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

Place	Individuals Events	Relays
1 st	16	32
2 nd	13	26
3 rd	12	24
4 th	11	22
5 th	10	20
6 th	9	18
7 th	7	14
8 th	5	10
9 th	4	8
10 th	3	
11 th	2	
12 th	1	

Rule 3: Awards

Permanent Team trophies for 1st, 2nd, and 3rd places shall be awarded based on combined swimming and diving Championship Meet point totals.

Rule 4: Records

Records established at the Championship Meet shall only be broken during subsequent Championship Meets. Records may be established during preliminary session as well as Championship Finals. Such records cannot be broken during Regular Season Meets.

Rule 5: Meet Expenses – Expense Limit

The NKSL will cover the costs of the awards as well as the automatic timing system for the Championship Meet. The host Team will cover all other costs associated with the operation of the Championship Meet.

To cover these costs, the NKSL will charge an admission fee as approved by the Board of Delegates annually. To cover the costs for the host Club, they can sell advertisements for the Meet Program, sell Meet Programs, sell commemorative t-shirts, acquire meet related sponsorships, and operate food concessions as their club allows.

A host Team can apply to the Board of Delegates for assistance in covering additional meet expenses, but a request must be received and approved prior to the competition.

Rule 6: Location of Championship Meet

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

The location of the Championship and All-Star Meets shall be as follows. Unless further revised, this rotation will begin in the year 2030.

Year	All-Star Swim	Champ Swim	All-Star Dive	Champ Dive
2022	Ft Thomas	Oakbrook	Newport	Bluegrass
2023	Beechwood	Ft Thomas	Brookwood	Taylor Mill
2024	Five Seasons	Beechwood	Florence	Fort Thomas
2025	Florence	Five Seasons	Oakbrook	Beechwood
2026	Bluegrass	Florence	Newport	Five Seasons
2027	Newport	Bluegrass	Brookwood	Taylor Mill
2028	Taylor Mill	Newport	Florence	Bluegrass
2029	Oakbrook	Taylor Mill	Newport	Fort Thomas

Rule 7: Scratches / Scratch Meeting

A scratch meeting will be held prior to each session of the Championship Meet. Swimmers may be scratched from individual events but may not be entered in additional events that they were not originally entered in. Scratching one event does not scratch an athlete from the meet.

If a swimmer is scratched during a preliminary session, and an alternate was entered with a team's individual entries, that alternate may be placed into the event. If a swimmer is scratched for the Championship Finals, the first alternate will be placed in the event and the event reseeded as necessary.

Rule 8: Individual Event Entries

Each Team can enter two (2) Swimmers in an individual event. One alternate may be listed for each individual event. If no alternate is listed, then a Team cannot substitute a swimmer in that event. Swimmers must have successfully completed an event during the regular season in order to be entered in that event. Entry times must be verified by times entered in the League's computer software during the current season. The exception will be events that were swam at Brookwood anytime during the season.

For events that are contested in both the NKSL Classic and Championship Meet, the first-place athlete from the Classic meet will be added as an additional entry into the Championship Meet. Should the first-place athlete be unable to attend the Championship Meet, the opportunity will pass to the highest finisher that is able to attend. Athletes so entered must be eligible to compete in the event by having successfully completed the event during the Regular Season.

Rule 9: Relay Event Entries

Each Team may enter one (1) relay in each relay event in the Championship Meet. When submitting relay entries, Teams shall include the names of up to five athletes that will be eligible to participate on the relay.

Relays cards must be submitted to the Administrative Official during the scratch meeting for each session of the Championship Meet. Each relay card must contain the full name of the four relay swimmers for that session. A team may change the relay participants between the preliminary session and Championship Finals but all swimmers participating in relays must be from the five names originally submitted.

A swimmer may only move up on higher age group to compete in a relay event provided there is no other swimmer in that age group entered in any swimming event in the Championship Meet.

If a team has less than four (4) swimmers entered in the Championship Meet in that age group, then up to three (3) eligible swimmers, as defined in Section 1, Rule 6, may be moved up from the next youngest age group.

Under no circumstances will a relay be permitted to compete without at least one swimmer in the age group swimming in the relay.

Rule 10: Competition and Championship Qualification

To be entered in, and compete, in the Championship Meet, a swimmer must have qualified to participate under Section 1, Rule 6 – Three Meet Minimum

Rule 11: Championship Heats

Based upon the results of the preliminary session, swimmers with the six fastest times will qualify for the A-Final and swimmers with the next six fastest times will qualify for the B-Final. There will be no B-Final contested during Championship Finals in the Open 200 Freestyle, Medley Relay, or Freestyle Relay events. For events with no B-Final, points for 7th through 12th place will be assigned based upon the result from the preliminary sessions.

Only two (2) qualifiers per team may score points during Championship Finals. If necessary, the results from the preliminary sessions will be used to assign points for 12th place.

The B-Final shall be contested before the A-Final. Should a swimmer not appear for the B-Final, an alternate may be substituted in their place. If a swimmer does not appear for the A-Final, and the B-Final has already been contested, the heat will compete with an empty lane.

In the event a swimmer or relay is disqualified while competing in the A-Final or B-Final, the swimmer or relay will not earn points.

SECTION 5

Diving Championship Meet

Rule 1: Date and Location

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

Place	Individuals Events
1 st	16
2 nd	13
3 rd	12
4 th	11
5 th	10
6 th	9

7 th	7
8 th	5
9 th	4
10 th	3
11 th	2
12 th	1

Rule 3: Awards

Permanent Team trophies for 1st, 2nd, and 3rd places shall be awarded based on diving Championship point totals.

Rule 4: Diving Event Entries

Each Team can enter two (2) Divers in an individual event. One alternate may be listed for each individual event. If no alternate is listed, then a Team cannot substitute a diver in that event. Divers must have successfully completed an event during the regular season in order to be entered in that event. Entry times must be verified by scores entered in the League’s computer software during the current season.

For events that are contested in both the NKLS Classic and Championship Meet, the first-place athlete from the Classic meet will be added as an additional entry into the Championship Meet. Should the first-place athlete be unable to attend the Championship Meet, the opportunity will pass to the highest finisher that is able to attend. Athletes so entered must be eligible to compete in the event by having successfully completed the event during the Regular Season.

Rule 5: Event Scoring

The NKSL will contract with six individuals not directly affiliated with the League to serve as dive judges and Meet Referee for the Diving Championship Meet. These individuals may be compensated by the League for their services.

Rule 6: Meet Expenses – Expense Limit

The NKSL will cover the costs of the awards as well as the judges and Meet Referee for the Championship Meet. The host Team will cover all other costs associated with the operation of the Championship Meet.

To cover these costs, the NKSL will charge an admission fee as approved by the Board of Delegates annually. To cover the costs for the host Club, they can sell advertisements for the Meet Program, sell Meet Programs, acquire meet related sponsorships, and operate food concessions as their club allows.

A host Team can apply to the Board of Delegates for assistance in covering additional meet expenses, but a request must be received and approved prior to the competition.

Rule 7: Location of the Diving Championship Meet

The location of the Diving Championships shall be governed by Section 4, Rule 6.

SECTION 6

Swimming NKSL Classic Meet

Rule 1: Date and Location

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

Place	Individuals Events	Relays
1 st	16	32
2 nd	13	26
3 rd	12	24
4 th	11	22
5 th	10	20
6 th	9	18
7 th	7	14
8 th	5	10
9 th	4	8
10 th	3	
11 th	2	
12 th	1	

Rule 3: Awards

Permanent Team trophies for 1st place shall be awarded based on the League Classic Meet point totals.

Rule 4: Order of Events

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

Rule 5: Individual Event 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 Classic Meet. Swimmers are not required to have successfully completed an individual event during the Regular Season when entering said event in the Classic Meet.

Rule 6: Relay Events

Each Team may enter one (1) relay in each Mixed Relay event offered in the League Classic Meet. A Mixed Relay shall be comprised of two male and two female swimmers.

Rule 7: Championship Meet Qualification

For events that are contested in both the NKLS Classic and Championship Meet, the first-place athlete from the Classic meet will be added as an additional entry into the Championship Meet. Should the first-place athlete be unable to attend the Championship Meet, the opportunity will pass to the highest finisher that is able to attend. There will be a thirty-minute period following the announcement of the meet results for an event where eligible athletes shall declare their intent to compete in the Championship Meet or forfeit the opportunity by scratching. Athletes so entered must be eligible to compete in the event by having successfully completed the event during the Regular Season.

SECTION 7

Diving NKSL Classic Meet

Rule 1: Date and Location

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

Place	Individuals Events
1 st	16
2 nd	13
3 rd	12
4 th	11
5 th	10
6 th	9
7 th	7
8 th	5
9 th	4
10 th	3
11 th	2
12 th	1

Rule 3: Awards

Permanent Team trophies for 1st place shall be awarded based on the League Classic Meet point totals.

Rule 4: Order of Events

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

Rule 5: Individual Event Entries

Each Team can enter an unlimited number of divers in each diving event. Divers are not required to have successfully completed an individual event during the Regular Season when entering said event in the Classic Meet.

Rule 6: Championship Meet Qualification

For events that are contested in both the NKSL Classic and Championship Meet, the first-place athlete from the Classic meet will be added as an additional entry into the Championship Meet. Should the first-place athlete be unable to attend the Championship Meet, the opportunity will pass to the highest finisher that is able to attend. There will be a thirty-minute period following the announcement of the meet results for an event where eligible athletes shall declare their intent to compete in the Championship Meet or forfeit the opportunity by scratching. Athletes so entered must be eligible to compete in the event by having successfully completed the event during the Regular Season.

Appendix 1

NKSL Summer Schedule

The template below shall be used to determine the Regular Season Meet schedule for the NKSL.

Diving			Week	Dates	Swimming		
A1 & B1	@	C1	1		A1 & C1	@	B1
A2	@	A3			A3	@	A2
B2	@	B3			B3	@	B2
C2	@	C3			C3	@	C2
A2 & C2	@	B2	2		A2 & B2	@	C2
A1	@	A3			A3	@	A1
B3	@	B1			B1	@	B3
C3	@	C1			C1	@	C3
A3 & C3	@	B3	3		B3 & A3	@	C3
A1	@	A2			A2	@	A1
B1	@	B2			B2	@	B1
C1	@	C2			C2	@	C1
B2 & C3	@	A1	4		A1 & C3	@	B2
B3	@	A2			A2	@	B3
A3	@	C1			C1	@	A3
C2	@	B1			B1	@	C2
A2 & C1	@	B3	5		B3 & C1	@	A2
A1	@	C2			C2	@	A1
A3	@	B2			B2	@	A3
B1	@	C3			C3	@	B1
A3 & B1	@	C2	6		C2 & B1	@	A3
B3	@	A1			A1	@	B3
C3	@	A2			A2	@	C3
C1	@	B2			B2	@	C1

Appendix 2

Summary of Judging Specifications from USA Diving Rule Book

Rule 107.7 states, “The referee shall manage the competition and ensure 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 announced). (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 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 the 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. (110.2.e)
- D. A diver splits his tuck – deduct from 1 – 2 points. (110.2.e)

EXHIBIT A
SWIMMING AND DIVING EVENT LIST

Boys Event #	Age Group	Event	Girls Event #
1	8 & under	Diving	2
3	9 – 10	Diving	4
5	11 – 12	Diving	6
7	13 – 14	Diving	8
9	15 – 18	Diving	10
11	Open	200 Freestyle	12
13	8 & under	100 Medley Relay	14
15	9 – 10	200 Medley Relay	16
17	11 – 12	200 Medley Relay	18
19	13 – 14	200 Medley Relay	20
21	15 – 18	200 Medley Relay	22
23E	6 & under	25 Freestyle	24E
23	8 & under	25 Freestyle	24
25E	9 – 10	25 Freestyle	26E
25	9 – 10	50 Freestyle	26
27	11 – 12	50 Freestyle	28
29	13 – 14	100 Freestyle	30
31	15 – 18	100 Freestyle	32
33	8 & under	25 Breaststroke	34
35	9 – 10	50 Breaststroke	36
37	11 – 12	50 Breaststroke	38
39	13 – 14	50 Breaststroke	40
41	15 – 18	50 Breaststroke	42
43	13 – 14	50 Freestyle	44
45	15 – 18	50 Freestyle	46
47E	6 & under	25 Backstroke	48E
47	8 & under	25 Backstroke	48
49E	9 – 10	25 Backstroke	50E
49	9 – 10	50 Backstroke	50
51	11 – 12	50 Backstroke	52
53	13 – 14	50 Backstroke	54
55	15 – 18	50 Backstroke	56
57	8 & under	25 Butterfly	58
59	9 – 10	50 Butterfly	60
61	11 – 12	50 Butterfly	62
63	13 – 14	50 Butterfly	64
65	15 – 18	50 Butterfly	66
67	9 – 10	100 I.M.	68
69	11 – 12	100 I.M.	70
71	13 – 14	100 I.M.	72

73	15 – 18	100 I.M.	74
75	8 & under	100 Free Relay	76
77	9 – 10	200 Free Relay	78
79	11 – 12	200 Free Relay	80
81	13 – 14	200 Free Relay	82
83	15 – 18	200 Free Relay	84

EXHIBIT B
NKSL CLASSIC
SWIMMING AND DIVING EVENT LIST

Boys Event #	Age Group	Event	Girls Event #
1	8 & under *	Diving	2
3	9 – 10	Diving	4
5	11 – 12	Diving	6
7	13 – 18 ^	Diving	8
9	8 & under *	25 Freestyle	10
11	9 – 10	50 Freestyle	12
13	11 – 12	50 Freestyle	14
15	13 – 18 ^	50 Freestyle	16
17	8 & under *	25 Breaststroke	17
18	9 – 10	50 Breaststroke	18
19	11 – 12	50 Breaststroke	19
20	13 – 18 ^	50 Breaststroke	20
21	8 & under	Mixed 100 Free Relay	22
23	9 – 10	Mixed 200 Free Relay	24
25	11 – 12	Mixed 200 Free Relay	26
27	13 – 18	Mixed 200 Free Relay	28
29	8 & under *	25 Backstroke	30
31	9 – 10	50 Backstroke	32
33	11 – 12	50 Backstroke	34
35	13 – 18 ^	50 Backstroke	36
37	8 & under *	25 Butterfly	38
39	9 – 10	50 Butterfly	40
41	11 – 12	50 Butterfly	42
43	13 – 18 ^	50 Butterfly	44
45	8 & under *	Mixed 100 I.M.	45
46	9 – 10	Mixed 100 I.M.	46
47	11 – 12	Mixed 100 I.M.	47
48	13 – 18 ^	Mixed 100 I.M.	48

* Will be scored and awards provided as 6 & under, 7-year-old, and 8-year-old events.

^ Will be scored and awards provided as 13 – 14 and 15 – 18 events.