

Mid Valley Swim League Standing Rules

Adopted January 14, 1986

Amended November 2018

Mission Statement

Mid Valley Swim League will strive to positively and efficiently coordinate and supervise a summer recreational youth swim league in the Northern San Joaquin Valley. The goal of the league is for all swimmers, regardless of ability, to reach their highest potential, gain knowledge of the sport, and develop the spirit of sportsmanship.

- I. Mid Valley Swim League (MVSL) is a recreational swim league made up of teams from the Central Valley of California, starting every April 1st through league championships.
- II. The governing board consists of one (1) vote for each team, and this can be the coach or a chosen representative. Officers (President, Secretary, and Treasurer) are elected each year in the month of October.
- III. The Treasurer and/or Secretary/Treasurer may be an individual team's representative. However, MVSL President cannot be a team representative.
- IV. All MVSL teams must have governing President, Secretary, Treasurer, with a minimum of 3 board members. Each team must have current team by-laws. Any new team joining MVSL will have one swim season to meet the minimum requirements; if they cannot meet the minimum standard, that team will be asked to leave the MVSL.
- V. The rules and decisions of the board shall oversee the activities and procedures of all swim meets and the championship meet. Each team representative will have one vote on the board; the MVSL President will decide a tie vote. A minimum of four-member representative must be present to vote.
- VI. When no specific rule applies, USA swim rules have jurisdiction.
- VII. Below are rules specific to the MVSL.
 - A. Eligibility:
 1. A swimmer may not be older than age 18, unless he/she is an active high School student, at the start of the season on April 1st.
 2. A swimmer will compete in the age group in which he/she starts on April 1st. A swimmer may move up if his/her birthday occurs during the season (after April 1st), but it is not mandatory to do

so. If the swimmer moves up, the swimmer must swim in the higher age group for the remainder of the season. Exceptions are made in relay events that a swimmer moves up in age (an older swimmer may not move down).

3. MVSL swimmers must swim for the MVSL team in the town in which they live. If the town does not have an MVSL team, swimmers may choose an MVSL team. This will begin the 2018 season. Siblings of current swimmers will be grandfathered in. Swimmers may petition the MVSL Board on a case by case basis.
4. Any swimmer who is a member of a team not in the MVSL conference after the first scheduled league meet, will be not be eligible to compete for the MVSL conference team for that year. If a swimmer is deemed ineligible, they may swim exhibition during dual and tri meets only. Ineligible swimmers may not be entered into relays, invitationals, or championships. NOTE: that does not apply to swimmers during their competitive high school or college team season.
5. To be eligible for the MVSL championship meet, a swimmer must have completed in at least two (2) individual events in at least four (4) scheduled league meet in a (7) seven meet season; (3) three in a (6) six meet season (including invitational meets where at least two (2) other league teams are participating) as an official member of his/her respective team during that season. Relay races in a MVLS "Relay Invitational Meet" shall count as an individual event for swimmers with verified participation.
6. In order to promote the recreational nature of this swim league, the following criteria will be used to determine eligibility:
 - a. Organized practices may not begin before April 1st of each year. NOTE: that does not apply to swimmers during their competitive high school or college team season.
 - b. In order to remain eligible to participate in the recreational swim program, a swimmer may not participate with nor swim for any water sports team or program from November 1st through March 31st of any given year. This includes high school conditioning programs that start prior to

the high school season. Organized water polo programs and/or league approved new

Swimmer clinics are allowed.

- c. From April 1st through league championships meet, league swimmers may not participate in any swim team programs, other than their MVSL team.
- d. A swimmer may choose to participate in any swim program after the league championship meet through October 31st.
- e. Any lessons, clinics, or stroke and turn classes designed to identify or enable potential new team members must take place within the framework of the league season, unless league approval is received in advance.
7. Stroke and Turn (all ages): Any swimmer who alters the specific stroke that they are competing in will be disqualified.
8. A swimmer may be disqualified for unsportsmanlike conduct at the discretion of the meet referee.
9. During dual and tri meets, an experienced starter without confirmation can disqualify a swimmer for false start.
10. A swimmer who has a false start may continue to swim for unofficial time only.
11. At the discretion of the meet referee, a swimmer who misses their event may be seated in another heat if space allows.

B. Dual and Tri Meets

1. To be held at the time and place scheduled, unless team officials arrange a change. Standard meet starting time is 8 am.
2. Any two teams may change their proposed meet date by informing the league President of their mutual decision. The league President must be informed in advance of the meet change and cannot disrupt any other team and/or league schedule.
3. Scoring will be the same for both dual and tri meet individual events.

4. If a team requests a league meeting, the league President will determine, in the best interests of the league, if a meeting is to be held and when the meeting will be held.
5. The host team furnishes ribbons for all individual and relay events, first through 6th (6 lane pool) or , 8th in an 8 lane pool or, 10th in a 10 lane pool and heat winners. The host team administers the meet.
 Visiting team must supply one-half of the help necessary to conduct the meet (or an amount of help proportional to the number of teams participating in them meet).
6. Place selection in all meets and championships shall be decided by time. The league recommends watches be placed at each lane. A Colorado type timing system may be used with one backup watch per lane. Official time will be determined as follows when watched are not the same:
 - a. Two watches: If both times are different, then the slowest time will be used as the official time.
 - b. Three watches: When three watches are used and two watches are the same that is used as the official time.
 - c. Colorado Timing System: When this system is used it will determine the placement and official time. It should consist three buttons and one backup watch per lane, or two buttons and one backup watch per lane.
7. Lane assignments for all meets, including the championship meet, will be designated by seeded times. Lane seeding will be as follows:

10 Lane Pool

1 2 3 4 5 6 7 8 9 10 LANE

9 7 5 3 1 2 4 6 8 10 SWIMMER

8 Lane Pool

1 2 3 4 5 6 7 8 LANE

7 5 3 1 2 4 6 8 SWIMMER

6 Lane Pool

1 2 3 4 5 6 LANE

5 3 1 2 4 6 SWIMMER

- 8. All teams will keep computerized summary forms and a meet database will be presented to the visiting team upon completion of the meet. Times shall be kept and recorded for all lanes.
- 9. All entries must be submitted on an entry file by Thursday, 8:00 PM, prior to the Saturday meet. For invitational meets, the meet referee must approve any entry changes on Saturday, prior to the start of the meet.
- 10. Each dual or tri meet must follow the order and event numbers as decided by the governing board. Varied distances may be added but only by mutual consent of all coaches.
- 11. A swimmer may compete in three (3) individual events per day and two (2) relay events.
- 12. A swimmer may move up two age groups for relays only, and must swim in his/her own age group individual events. The relay must consist of at least two individuals of the relay age group. Only one combined age group relay team may be formed per relay event.
 - a. "Six and under" age group relay teams may consist of any gender combination of "six and under" swimmers.
- 13. The host team must have a copy of the USA Swim handbook on hand and be acquainted with its contents.
- 14. Disqualification protests should only come from coaches, the team President, or the team's league representative.
- 15. Dual/Tri Scoring

	<u>INDIVIDUAL</u>	<u>RELAYS</u>
1 st	9	18

2 nd	7	14
3 rd	6	12
4 th	5	10
5 th	4	8
6 th	3	6
7 th	2	4
8 th	1	2

	<u>INDIVIDUAL</u>	<u>RELAYS</u>
1 st	7	14
2 nd	5	10
3 rd	4	8
4 th	3	6
5 th	2	4
6 th	1	2

C. Invitational/Championships

1. Invitational/Championships meets shall be included in the League Schedule.
2. All teams in the League must be invited and allowed to attend invitational/Championship meets included in League schedule.
3. All League/Championship meets shall conform to League rules regarding eligibility of swimmers
4. Teams must have, on demand, their actual sign up sheets with meet entries to all invitational/championship meets. It is at the discretion of the referee to review the sign up sheets.

D. League Championship Meet

1. The championship meet determines final league standings. Records are established in a championship meets for championship meet only. Records for meter times as well as yard times will be kept. At championships, either record may be utilized, depending on the pool type.
2. The championship meet will be held in the minimum of an 10-Lane pool.
3. The championship meet shall be co-hosted by all the league teams. Entries are due to the team with meet operations duties by deadline stated in meet invite.

NO LATE ENTRIES WILL BE ACCEPTED.

4. Points will be awarded at championships as follows:

	<u>INDIVIDUAL</u>	<u>RELAYS</u>
1 st	11	22
2 nd	9	18
3 rd	8	16
4 th	7	
5 th	6	
6 th	5	
7 th	4	
8 th	3	
9 th	2	
10 th	1	

6. Championship awards will be medals for 1st through 3rd place and ribbons for 4th through 8th or 10th with the exception of relays.

Individual high point trophies for each age group/gender; team award recognizing 1st place team.

7. A participation ribbon will be given to all non-placing swimmers. Heat winner awards will be given to all heat winners.

8. Each swimmer may enter three (3) individual events and two (2) relays; all entries must have a legal time that was recorded in competition earlier in the year. No time (NT) entries will NOT be accepted.
9. An arbitration committee consisting of one vote per team (either the team president or league representative) shall assist the referee upon request. Arbitrated issues should be recorded.
10. Any number of team members may compete in the individual events, but only three relay teams, A, B, and C teams, will be allowed to compete in a relay event during championships.
11. For the purposes of the MVSL Championship meet, a confirmation starter, the Colorado system, the meet referee and stop watch will be used. In the event of a suspected timing error, the confirmation starter and meet referee must concur on the winner, or the final decision will be based on Colorado times.
12. The lead off swimmer in a relay may set a League record if official timing is available by the head timer or referee with notification to the meet referee prior to the race.
13. Any changes or exceptions to the submitted entries on the day of Championship meet must be approved prior to the start by the meet referee.

E. Miscellaneous

1. The host team at all dual, tri, invitational, and championship meets is to furnish data files to all participating teams upon their departure from the meet.
2. Yard/Meter conversions for all distances:
$$\text{Meter time} = \text{Yard time (seconds)} \times 1.1$$

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3. The MVSL shall establish the months of October and November to review the standing rules for the subsequent season. Rule changes shall become effective January 1st of every year. The President may call a special meeting for the consideration of an exception to the standing rules at his or her

discretion.

4. Any team who breaks league rules at any time during the season may be fined up to \$500 at the discretion of the governing board, which collected funds to go to the league championship fund.
5. Complete season data files from all meets shall be brought to the championship meet by each team President or registrar.
6. Standard league event numbers shall start with #1 and end with #102 , for a one-day swim meet.
7. Exceptions granting swimmers championship meet eligibility will be determined on an individual basis by the league board.
8. Tech suits are not allowed in MVSL meet or invitationals.

