

SOSL Rules and Regulations

Southern Ohio Swim League

Policies and Procedures

Updated 05/18

1. **Current USA Swimming Short Course** rules will prevail.
 - a) There are no false starts allowed in either dual meets or championships. All false starts must be dual confirmed. Recall ropes must be furnished by each home team.
 - b) Scoring for Dual meets shall be:

<u>Relays</u>	<u>Individual</u>
1 st -4 points	1 st – 4 points
2 nd -0 points	2 nd – 2 points
	3 rd – 1 point
 - c) Eligibility: A swimmer will participate all season in their age group as of June 1st. The swimmer's last year of eligibility is the summer after high school graduation.
 - 1) There is no minimum age; however, swimmers must be able to swim 25 meters without assistance to qualify as an unassisted swimmer, and thus earn points and place ribbons.
 - 2) Those swimmers who cannot swim 25 meters will have an optional assisted event(s) that will be held at the start of each dual meet. Points and place ribbons will not be awarded. These are mixed heats combining genders and the stroke of the swimmer's choice (free or back *when time permits both strokes will be done). A swimmer who swims in the assisted events is not eligible to swim unassisted in any other event *in that meet, including relays*. A swimmer must swim unassisted in at least 1 league meet to be eligible to swim in Championships.
 - 3) NO flotation devices will be allowed during any league meet.
 - 4) Swimmers with a disability may swim in their own age groups. They may swim assisted if necessary, but will not be eligible for points if they do so. They are not allowed to use flotation devices. Any disqualifications will be discreet.
 - d) The Head League Official shall enforce all applicable swimming rules and shall decide all questions relating to the actual conduct of the Championship meet and his/her decision shall be final.
2. All teams must have a coach at the preseason official training and rule meeting. If the head coach cannot be at the meeting he/she may send another coach or person to represent the team.
3. Age groups will be 6 and under, 7-8, 9-10, 11-12, 13-14, 15 and over.
4. Ribbons will be given out to the top 6 swimmers in individual events and the top 3 teams in the relay events. Participation ribbons will be given to every swimmer 10 and under not placing in the top 6 places in individual events in dual meets. Participation and place ribbons will be furnished by the home team. Heat winner ribbons are for 10 and under swimmers. Heat ribbons will be given out at the discretion of the home team.
5. Every club/team must follow USA rules concerning backstroke flags and the 15-meter rule as pertains to lane lines. Recall ropes must be used and are mandatory at all meets.

6. A meet shall consist of at least ½ of the scheduled events.
 - a) For cancellations of dual meets:
 - 1) Both team's league representatives will meet and discuss the circumstances. The reps may counsel with the team's coaches prior to the final decision (if not involved in the situation). HOWEVER, the coaches will not be involved in the reps' actual discussion and decision.
 - 2) Reasons to cancel a meet might include: safety of swimmers, darkness of pool, lifeguards not in the lifeguard chairs, or the weather (persistent storms, air temperature under 60 degrees especially if windy).
 - 3) IF the teams involved cannot reach an agreement, the League President/Head Official should be contacted immediately. The meet should be held up until a decision is made by the neutral 3rd party.
 - 4) The pool management may call the meet if the conditions are deemed unsafe due to weather, pool conditions, or equipment malfunctions.
 - 5) Meets will be called due to time/facility constraints as decided by the league reps. The event in progress should be completed if calling a meet for reasons other than safety (see 6. a.4).
 - b) Home teams will swim in the even numbered lanes.
 - c) Girls will swim in the odd numbered events and boys will swim the even numbered events.
 - d) All swimmers must report to the Clerk of Course at all meets. Failure to report to Clerk of Course may result in a disqualification of the swimmer. Coaches that are still of age to swim may report to the people running the Clerk of Course prior to the meet to report their events and will be excused from going to the Clerk of Course during the meet. There will be no Clerk of Course for relays. Coaches and/or parent volunteers will be responsible for organizing and getting the relay swimmers to the appropriate starting positions.
 - e) All swimmers swim for points except the assisted swimmers.
 - f) All other swimmers will have points given out for the first 3 places. Only legal and unassisted swimmers will be awarded points.
 - g) NO team will sweep an event for points. No more than 6 points per individual event per team. Only swimmers that have swum the event legally will qualify for points.
 - h) A team that has a legal swimmer in an event scores at least 1 point.
 - i) Ribbons are awarded in the order of the swimmers' actual finishes.
 - j) Swimmers may participate in a maximum of 3 individual and 2 relay events.
 - k) Gender shall not be mixed in relay events.
 - l) Swimmers may swim up to complete a relay.
 - 1) A swimmer may only move up 2 age groups.
 - 2) A relay team must be made up of at least 1 swimmer from the age group being swam.
 - 3) If a swimmer swims up for an individual event, the swimmer must swim that age group for the entire meet. The swimmer may return to his/her age group for relays. A swimmer may swim up for relays and still swim in his/her own age group for individual events.
 - m) Dual meet entries are due to the home team no later than 9:00pm on the night before the meet. If the entries have not been received on time, the home team coach shall contact the home team league rep, who will in turn contact the visiting team's league rep. If a coach has technical problems submitting entries to the home team, he/she should contact the home team's coach or league rep for assistance.
 - 1) If the above was violated, the home team rep should send the League President a written complaint stating all the facts.
 - 2) The League President will contact the visiting team and forward them a copy of the complaint.
 - 3) A team's first violation, if found guilty of missing the deadline, is a \$50 fine will be assessed to the team and deposited in the SOSL account.
 - 4) Second violation – league reps will meet via email, phone call, or in person. If found guilty, the fine is \$100 to be deposited in the SOSL account.
 - 5) Third violation- the meet will be cancelled, and the home team will be awarded the win.

- n) Each team shall provide a copy of their home meet results via email to the League President within 3 days of the meet
7. **Timers** – There shall be 3 timers per lane except when touchpads or plungers are used – then there shall be 2. The visiting team shall provide 1 timer per lane and the home team will provide 2 or 1 depending on the timing system.
- For scoring purposes when touchpads are used the touchpad will be the official time unless the watch times are in disagreement of more than .3 seconds.
 - When 3 watches are used, the middle time is the official time unless 2 watches have the same time then that is the time used.
 - When only 2 watches are used the times are averaged for the official time.
8. **By-laws/ Procedures not followed:**
- If a team is believed to have not followed the most current SOSL league by-laws/procedures, both team representatives will meet at the time and place that the infraction may have occurred if the situation allows it. The reps at this time shall contact their individual coaches for input concerning the possible cause of the infraction. The 2 league reps – **only** – shall meet again to discuss the matter. Both team reps shall turn into the League President a written document that states what they observed and what steps were followed when the infraction was observed. If the violation was stroke or official related the League Head Official will also receive a copy. A SOSL board meeting will be held either in person or by phone or email and the board will discuss and vote on the possible violation. The following steps will be used for discipline:
- 1st violation - \$50 fine to be deposited into the SOSL account.
 - 2nd violation - \$100 fine to be deposited into the SOSL account.
 - 3rd violation – No meet (meet will be forfeited) **AND/OR** Coach will sit out one meet.
 - 4th violation – Coach involved in more than 3 violations may be removed from coaching at Championships.
9. **Championships:**
- Each team shall have provided a copy of their home meet results to the League President by email within 3 days of the meet.
 - Each team shall pay \$3.00 per swimmer participating in Championships to be given to the League President before the meet starts. The hosting team will provide the League President a copy of fees owed by each team for the Championship. The hosting team will receive \$2,500.00 from the league account to help offset the expenses in hosting Championships. All funds collected will go into the league account to help with other Championship expenses (timing equipment rental, bell heat prizes, ribbons, etc.)
 - Entries for Championships will be due by the date specified in the meet packet. Teams will receive a review psych sheet after all teams are entered and seeded. After teams receive the review packet they will be permitted to submit 1 set of changes to the host team/meet entry person.
 - Changes are due within 24 hours of receiving the review psych sheet. The specific time that changes are due will be specified in the review packet that will be included with the review psych sheet. NO changes will be accepted after the listed date and time.
 - Changes may include unlimited fixes of gender/age. It may also include unlimited time changes that increase the entry times (fixing obvious errors) but may not lower entry times.
 - Each team will be allowed 1 swimmer event entry (or change of events) in this submission. It is permitted that this be either a late entry or and event change, but it is limited to 1 swimmer and 1 event only.

- d) Championship relays will be limited to 2 entries per team per event for points. The A and B relays will be designated for points – all other relay entries will be exhibition. Championship relays will follow dual meet relay rules for eligibility.
- e) Ribbons/medals and bell heat prizes will be furnished by the League.
- f) In order to be eligible to swim in Championships, **a swimmer must have participated in at least 2 dual meets and at least 1 meet must have swum unassisted.**
- g) **No assisted swimming is permitted during the Championship meet.**
- h) If a Championship meet is canceled due to weather or pool conditions, it will be continued on the stated rain date (*normally* the next day). While this is normally the next day, the rain date can be split into 2 days and separated by age groups.

10. **Officials:** All league officials are overseen by the League Head Official.

- a) All on deck officials need to be trained by the Head SOSL Official **or** a certified USA/YMCA/NCAA/OHSAA official. Officials shall wear the correct SOSL identification or a plain white shirt.
- b) For officials not certified by USA/YMCA/NCAA/OHSAA a class and written exam may be given by the League Head Official.
- c) Meet deck officials as well as the starter must be a league certified or trained official.
- d) Each team will have on file with the League Head Official, the names of 4 officials. Officials may be USA/YMCA/NCAA/OHSAA certified or trained as specified above.
- e) The visiting team will provide 2-3 officials per half. The home team will provide 2 stroke officials and the Referee and Starter per half. The preferred number of officials for dual meets is 8, and the minimum number of officials on deck is 5. If a team cannot furnish the necessary number of officials, that team may contact the other team and ask for extra officials. **The number of officials per home and away teams does not matter!** If both teams cannot come up with the minimum requirements together, the meet may still be swum ***if*** agreed upon by the meet referee and the league reps. However, every effort must be made to have the required number of officials or more for dual meets.
- f) Officials shall be assigned deck places for the Championship meet by the League Head Official. All effort will be made so that dual confirmation for false starts and relay starts are by officials from different teams.
- g) Any time there is a question as to a deck official's certification, actions, or calls, the league rep/coach should first contact the meet referee.
- h) If at any time an official is found to be calling what seems to be an excessive number of calls, or not calling obvious calls, the meet referee may approach the official to discuss what they are seeing and calling or not calling and why. If the referee feels that there is reason to question the official's judgements, actions, or fairness, he/she may ask the official in question to step away from the deck. The remaining events will be covered by the remaining officials. When removing an official, the meet referee must report the situation to the League Head Official. The official being removed should receive an explanation for being removed from officiating duties.