

TRI-VALLEY SWIM LEAGUE RULES

(Revised May 2015)

LEAGUE PHILOSOPHY:

Ultimately, the goal of the Tri-Valley Swim League is that each participant develops a lifelong positive attitude toward swimming. During the season, individual skill development, goal setting, recreational competition and most importantly, fun are stressed. Each swimmer is encouraged to reach his/her full potential and made to feel a part of his/her team. If an individual champion or winning team is developed along the way, that's fine. However, it is not the main purpose of the League.

The Tri-Valley Swim League believes that a winner is not just the one who finishes first in a race; it is much more than that. Through the competitive experience, everyone can become a winner by striving toward individual goals and ultimately achieving them. Being the best is not as important as trying your best.

Years from now, swimmers of the Tri-Valley Swim League should be able to look back fondly on the fun they had at practices and meets, the new friends they made, the excitement of competition, and the successes and challenges they shared with fellow teammates, coaches and family.

ELIGIBILITY:

1. **Membership:** All competitors must be members of a Tri-Valley Swim League (TVSL) team.
2. **USA Swimming:** No USA Swimming member is allowed to participate in TVSL meets. Any swimmer who has practiced or competed with a USA Swim Team after January 1st of the current calendar year is ineligible.
 - 2a. Swimmers are allowed to participate in swim clinics at any time, including those sponsored or offered by USA swim teams. However, any swim clinic program must be designated as a clinic and, if associated with a USA team, clinic sessions must be conducted separately and apart from the USA team practices. Swimmers are prohibited from participating in any USA swim meets between January 1st and the TVSL championship meet of that same year.
3. **Age:** Swimmers who have not reached their 19th birthday and have not started college by June 1st of the season year and who have not participated with any United States Swimming team since January 1st of the season year are eligible to participate in Tri-Valley Swim League meets.
4. **Age-Up Date:** The Age-Up date for TVSL swimmers is June 1 of the current year.
5. **Registration:** Each team member must have a registration form on file with their team before they are eligible to participate in meets. This form must state the birth date of the swimmer.
6. **Swimsuit Policy:** No body suits are allowed for boys or girls. Exceptions can be accommodated on a case-by-case basis by agreement of the League Coordinators.
 - Boys:** Boys must wear Briefs or Jammers. There are no style/fabric limitations on Briefs. Jammers may not be made of neoprene material.
 - Girls:** Girls' suits may extend from the shoulder to above the knee. Girls' suits may not be made of neoprene material.

SEASON:

7. **Practices:** Team practices may not begin until after Memorial Day of the season year.
8. **Competition:** No team may participate in any timed competition event prior to the start of the dual meet season.
9. **Participation:** The maximum number of participants at all league meets shall not exceed 130 swimmers per team, with a maximum number of "swims" of 420 per team.
10. **Final Roster:** Each team must provide a final, exported roster, including athlete birth dates, to the League Coordinator prior to the start of the 2nd dual meet. After the start of the 2nd dual meet, no changes to team rosters may be made. Final team rosters shall be posted to the League website for Coordinator access.

TVSL RULES: Season: continued

- 11. **Stroke & Turn Training:** Prior to the first meet, there will be a mandatory meeting for those who will serve as Stroke & Turn Judges, Starters and Coaches during the season.

DUAL MEET ENTRIES:

- 12. **Swimmer Events:** Each swimmer is limited to three individual events and one relay OR two individual events and two relays. However, if an age group has three or fewer swimmers and there are four or fewer swimmers in the next lower/same gender age group then the swimmers may swim in four individual events if no relays are entered.
- 13. **Age Groups:** Swimmers must swim in their own age group for all events except as noted in ‘Relays’ below.
- 14. **Relays:** Each team will be allowed one scoring relay in each relay event.
 - 14a. **Relay exceptions:** When there are 3 or fewer swimmers in an age group, all present members of that age group must be in the relay and a younger swimmer(s) may be moved up one age group to fill the position(s). The newly formed relay must have at least one swimmer from that age group and gender to form the relay. For lack of swimmers in a boys’ (Hy-Tek ‘Mixed’) relay, girls from the same age group or boys or girls one age group below may be used to fill the position(s). A boy/girl relay swims as a Mixed event.
- 15. **Meet Order:** The order and distance of events for Dual meets are described in Appendix A.
- 16. **Deadline:** The visiting team will e-mail or deliver on flash drive their meet entries, exported athlete files (with ID#’s, but not contact information) and team roster to the host team two days before each meet (Thursday or Monday) by 6PM. The entries will be submitted using the Hy-Tek Meet Manager system. A merge meeting is not required unless requested by either team’s Coordinator.
 - 16a. **Additions:** After the aforementioned deadline, any swimmer added to the meet requires the agreement of both team Coordinators (and will be limited to swimmers already in the exported athlete file with ID#’s). If both team Coordinators agree to a swimmer being added, they may NOT swim for points in any event of the meet.
- 17. **Changes:** Changes may be made the day of the meet only with the agreement of both team Coordinators and are limited to the following: swimmers (with ID#’s on file) may NOT be moved from one event to another except those swimmers used for relays where there would otherwise be a scratch for the relay. Once the meet has been through final seeding NO changes may be made to relay participants unless both team Coordinators agree.
- 18. **Night Meets:** Each team is limited to a maximum of 360 ‘swims,’ unless a different agreement is made between both team Coordinators.
- 19. **Scoring:** In the event of a tie, the points for those places will be added and divided by the number of ties.

<u>Individual Events:</u>	<u>Relay Events:</u>
1st - 5 points	1 st - 10 points
2nd - 3 points	2 nd - 6 points
3rd - 2 points	
4th - 1 points	
- 20. **Heat/Lane Assignments:** The host team swims in even lanes; the visiting team in odd lanes. At pools with an odd number of lanes, the ‘extra’ lane is assigned to each team in alternating heats.
- 21. **Heats:** Heats are seeded slowest to fastest.

DUAL MEET MANAGEMENT:

- 22. **Safety:** The host team is responsible for ensuring that the facility is in order for the meet-- meeting all State Health Codes concerning safety and sanitation.
- 23. **Meet Director:** Each team will designate one person as Meet Director. The Meet Director is the sole person responsible for decision making at meets outside of the areas of scoring and stroke and turn.
- 24. **Rules:** Each team will have a current copy of the rules present at each meet.

TVSL RULES: Dual Meet Management: continued

25. **Volunteers:** Each team will provide one Data entry person, one Stroke and Turn Judge, and at least one Timer with a stopwatch per lane. Age Group Coordinators for each team's young swimmers is recommended. The host team will provide the Starter, Announcer, Head Timer, Runner, and such equipment with which to run the meet efficiently. Such equipment may consist of tables, chairs, a starting system, clipboards, pencils, lane lines, blocks, backstroke flags, recall rope, safety equipment, and first aid equipment.
 - 25a. **Job Descriptions:** The Head Timer is responsible for all Timers being seated and prepared for the start of each heat, as well as timing the lead swimmer in each event. The Head Timer will make sure that the order of finish is recorded appropriately. The Head Timer is responsible for checking in/out borrowed watches. The Runner will pick up all completed Lane Timer sheets and DQ slips from Stroke & Turn Judges and deliver them to the Scoring table.
 - 25b. **Timing:** Timers are responsible for recording the times each swimmer achieves. Timers start their stopwatch when they see the strobe flash and stop the watch when some part of the swimmer's body comes in contact with the end of the pool at the finish. Timers are to record the swimmer's time to the hundredth place. If they do not get the start, or if their watch malfunctions, they should report it immediately to the Head Timer who will take their place for that heat or provide them with a back-up watch. Timers are not responsible for making sure that a swimmer makes a legal touch at the conclusion of a race; this is the Stroke and Turn Judges' responsibility. Timers are responsible for turning in all borrowed watches, clipboards, and any other equipment they may have used as well as any uncollected time sheets to the Head Timer at the conclusion of each shift.
26. **Ribbons:** The host team will supply ribbons to the visiting team for 1st – 4th places in individual events and 1st and 2nd place ribbons for each member of relay events. See 'Ribbon Size & Distribution': Appendix B.
27. **Warm up times:** Host team will warm up first for 25 minutes and the visiting team will warm up the next for 25 minutes. If swimmers are practicing starts from the blocks and 25 yard sprints, that should be the only thing allowed in that lane. Team coaches should run warm-ups and monitor lanes for swimmer safety.
28. **Meet Programs:** Prior to the start, the host team will distribute the Final Meet Program as follows: one to the Starter, one to the Announcer, two for Stroke and Turn, one for display and a minimum of 5 copies for the guest team.
 - 28a. **Age Group Coordinator Sheets:** Once programs are distributed, AGC sheets may be provided, as time permits.
29. **Publicity:** The visiting team may submit a brief article to the host team. The host team will strive to merge this article with results of both teams and submit a final article to local newspapers.

CHAMPIONSHIP MEET:

Dual Meet rules are honored at Championships whenever applicable with the following clarifications, additions, and/or changes specific to the Championship meet:

30. **Planning:** The League Coordinator will hold a planning meeting for the Championship Meet to discuss details. A copy of the minutes will be provided to each team Coordinator.
31. **Fee:** A fee determined by the League will be levied on each team to cover expenses incurred by/at the Championship meet. The fee may be based on number of swimmers participating in the meet, by team, or a combination of both. All fees must be paid before the start of the meet at a time agreed upon by the League.
32. **Swimmer Eligibility:** Each swimmer must participate in at least three dual meets in order to participate in the Championship meet. Exceptions for illness or injury only may be made at the League's planning meeting by a majority vote of the team Coordinators.
 - 32a. Swimmers may only be entered in events for which they have an individual, posted time from a dual meet of the same season. A 'time trial' time or 'split' from a relay is not acceptable.
33. **Relays:** Each team may enter only one Medley and one Freestyle relay per team per event.

TVSL RULES: Championship Meet: continued

34. **Entries:** Each team will submit their championship entries in the format and by the deadline set by the League.
- 34a. **Changes:** After all swimmers have been entered for the Championship meet, no additions or changes may occur in individual events.
35. **Meet Order:** The order and distance of Championship events are the same as for dual meets.
36. **Volunteers:** Each team will provide the appropriate number of volunteers as determined by the League Coordinators.
37. **Officials Meeting:** All Stroke & Turn Judges, Starters and Timers will meet prior to the beginning of the Championship Meet. The Head Starter will review how the meet will run. This is also an opportunity to make sure that everyone is treated fairly and to answer any questions or take care of any problems.
38. **Scratches:** Coaches must submit a written scratch list to the Computer staff.
39. **Stroke & Turn:** Each team will produce the necessary number of trained volunteer parents to serve as Stroke & Turn Judges, as required by the League Coordinators. Some of these volunteers will also serve as Head Stroke & Turn Officials.
- 39a. **Decisions:** Stroke & Turn Decisions are considered final. Disqualifications (DQ's) are entered into the official meet computer as they are written and collected. However, if it appears that an error has been made, the decision can be disputed, through an approved process.
- Team Coordinators must check for DQ's at the end of each event. If DQ's were written/recorded for their team, they'll receive a copy of the DQ, which they may take for discussion with coaches.
 - If the Team Coordinator chooses to dispute the DQ, they bring it to the Scoring tent and to the attention of the designated Stroke & Turn Committee Chairperson and Head Stroke & Turn Judge for discussion.
 - If necessary, the Head S&T Judge will speak to the Judge who wrote the DQ.
 - The Head S&T will review the DQ and bring a final decision back to the team Coordinator, S&T Committee, and Meet Director.
 - In situations when the aforementioned S&T officials are from the team disputing the DQ, other members of the S&T Committee will step into the roles and handle the dispute.
 - **Parents may not approach Stroke & Turn Judges at any time during their service.**
40. **Scoring:** In the event of a tie the points for those places will be added and divided by the number of ties.

Individual Events

1 st - 20 points	5 th - 14 points	9 th - 9 points	13 th - 4 points
2 nd - 17 points	6 th - 13 points	10 th - 7 points	14 th - 3 points
3 rd - 16 points	7 th - 12 points	11 th - 6 points	15 th - 2 points
4 th - 15 points	8 th - 11 points	12 th - 5 points	16 th - 1 point

Relay Events

1 st - 40 points	5 th - 28 points
2 nd - 34 points	6 th - 26 points
3 rd - 32 points	7 th - 24 points
4 th - 30 points	8 th - 22 points

41. **Ribbons:** Championship ribbons are given to all swimmers who score points in individual and/or relay events as follows:
- First through third place ribbons are rosettes.
 - Fourth through sixteenth place are ribbons.
 - One Participant ribbon shall be given to participating swimmers who did not receive a point ribbon
 - One Heat Winner ribbon shall be given to the winner of a heat.
42. **League Champion:** In the case of a tie, the dual meet season record should be used as a back-up. If there is still a tie, both teams will be declared winners and a coin flip will decide who keeps the trophy for the first half of the following year.
43. **Results:** Championship meet results will be given to each team. The appointed publicity League representative will provide a write-up to the local newspapers.

LEAGUE ORGANIZATION:

44. **Voting:** Each team has one vote for matters that come before the Tri-Valley Swim League.
45. **League Positions:** Team Coordinators shall make nominations for and elect by secret ballot: one League Coordinator, one League Secretary, and one League Treasurer at their annual Post-Season evaluation meeting annually. The term of each of these officers shall last for one year starting on January 1 and ending December 31. There is no limit as to the number of terms an officer may serve. If an officer is unable to complete his/her term, the team Coordinators shall nominate and elect a new League Coordinator to complete that term.
 - 45a. **Job Descriptions:** The League Coordinator shall be responsible for preparing agendas, facilitating all League meetings, and acting as Meet Director at the Championship Meet. The League Secretary shall be responsible for all League correspondence, taking minutes at League meetings, keeping a record of all agendas, minutes, publicity, and facilitating meetings in the League Coordinator's absence. The League Treasurer shall be responsible for the League's finances and prepare financial reports for the League.
 - 45b. **Officials:** TVSL Coaches and Coordinators should not be Starters or Stroke & Turn Judges. Meets should be officiated by properly trained parent volunteers.

STROKE & TURN RULES

1. **Stroke Definitions:** TVSL strives to remain current with the National Federation of High Schools swim rules and stroke definitions. Specifics for each stroke are outlined in the document below.
2. **Rules:** TVSL Rules will take precedence in regard to decision making.
3. **Disqualification (DQ):** In all meets, the guiding factor is that swimmers make every effort to swim the stroke correctly. Meets should be fair without discouraging swimmers from participating. Therefore, swimmers receive the benefit of the doubt if there is any question about the correctness of the stroke or turn. If a disqualification occurs, it should be noted on the sheet with no attention brought to bear on the swimmer.
4. **First Meet:** Disqualifications will be written at the first meet of the season, but not entered into the official meet computer/scoring. Copies of the DQ's will be provided to both teams by the host team Coordinator.
5. **Judging Area:** The host team will create a restricted area for Stroke & Turn Judges to walk the majority length of the pool, per the TVSL Stroke & Turn Manual. No one other than the Stroke & Turn Judges may occupy the judging area during the meet.
6. **Judge Position:** Stroke & Turn Judges will take a position at the side of the pool that provides them with a clear and unobstructed view of the swimmers. Stroke & Turn Judges shall not sit but will stand and walk their area to accurately observe swimmers.
7. **Assignment:** Each Stroke & Turn Judge will judge only his assigned lanes or ends of the pool.
8. **Officials:** Stroke & Turn Judges and Starters must complete a TVSL training and pass the TVSL certification test before serving at any meet. In the event that a team cannot provide a trained Stroke & Turn judge, Team Coordinators should discuss a plan acceptable to both.
 - 8a. **Starter:**
 - **False Starts:** The Starter is responsible for calling false starts and will disqualify a swimmer who has had two false starts, has unreasonably delayed the meet, or has gained an unfair advantage. (The field will not be called back if the same swimmer false starts a second time, but that swimmer will receive a DQ and not time.) The Starter is responsible for holding down the start button continuously if a false start is warranted and swimmers have entered the water. All swimmers will be stopped and allowed to swim again after at least one other heat of swimmers has been completed. Before pressing the start button, the Starter should see that all swimmers have

TVSL RULES: Stroke & Turn Rules: Officials: continued

come down and held for the forward start with at least one foot at the front edge of the block or pool deck (exception – see backstroke start rules).

- 8b. **Stroke & Turn Judge:** Each team will provide one trained Stroke & Turn Judge for each half of the meet. It is the S&T Judges' responsibility to watch for correct strokes and turns regardless of team, gender, or age. If an S&T Judge is unsure of a call, his decision will benefit the swimmer. Every effort should be made that Stroke & Turn rules, interpretation and implementation are consistent throughout the season.

ALL EVENTS:

9. **Changing Lanes:** A swimmer must start and finish his race in his assigned lane. If during the course of the race, the swimmer moves out of his lane and returns without impeding the progress of another swimmer, he should not be disqualified.
10. **Stopping:** Stopping during a race will not disqualify a swimmer unless they pull on the lane rope or push off the sidewall or the bottom and gain an unfair advantage. This call should be made at the Stroke & Turn Judges' discretion.
11. **Unsportsmanlike Conduct:** The Starter may bar from further participation in the meet any swimmer who exhibits unsportsman-like behavior.
- 11a. **Non-Swimmer Conduct:** The aforementioned rule also applies to spectators, parents, meet personnel and coaches.

STROKE BREAKDOWN:

12. **BREASTSTROKE:**

- A. **Start** -The forward start shall be used. During the underwater pull down one downward butterfly kick is permitted.
- B. **Stroke** -From the beginning of the first arm-stroke after the start and after the turn, the body shall be kept on the breast. The arms shall move simultaneously and in the same horizontal plane without any alternating movement. The hands shall be pushed forward together from the breast on, under, or over the water. The elbows shall be under the water except for the last stroke at the finish of the prescribed distance. The hands shall be brought back on or under the surface of the water. The hands shall not be brought beyond the hipline, except during the first stroke after the start and the turn. Some part of the swimmer's head shall break the surface of the water at least once during each complete cycle of one arm stroke and one leg kick, in that order, except after the start and turn the swimmer may take one arm stroke completely back to the legs and one leg kick while wholly submerged. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke. The head is considered to have broken the surface when water is displaced by the head (an effect known as crowning).
- C. **Kick** - All movements of the legs shall be simultaneous. A scissors, flutter, or downward butterfly kick is not permitted, except during the start and turn as noted in sections A and D. Breaking the surface with the feet shall not merit disqualification unless followed by a downward butterfly kick.
- D. **Turn** - At the turn, the touch shall be made with both hands simultaneously at, above, or below the water surface. Once a touch has been made, the swimmer may turn in any manner desired. The shoulders must be at or past the vertical toward the breast when the swimmer leaves the wall and the form prescribed in section (B) above must be attained from the beginning of the first arm stroke. However during the underwater pull down one downward butterfly kick is permitted.
- E. **Finish** - At the finish, the body shall be on the breast and the touch shall be made with both hands simultaneously at, above, or below the water surface.

13. **BUTTERFLY:**

- A. **Start** -The forward start shall be used.
- B. **Stroke** - After the start and after the turn the swimmer's shoulders must be at or past the vertical toward the breast. The swimmer is permitted one or more leg kicks, but only one arm pull under water, which must bring him to the surface. It shall be permissible for a swimmer to be completely submerged for a distance of not more than 15 meters (16.4 yards) after the start and after the turn. By that point, the head must have broken the surface. Both arms must be brought forward over the water and pulled back simultaneously.
*6 & Under swimmers are not required to use their arms. However if they begin an arm stroke, including to take a breath, they must make a full rotation of their arms over the water.
- C. **Kick**- All up and down movements of the legs and feet must be simultaneous. The position of the legs or the feet need not be on the same level, but they shall not alternate in relation to each other. A scissors or flutter or breaststroke kicking movement is not permitted.
- D. **Turn** - At the turn the body shall be on the breast. The touch shall be made with both hands simultaneously at, above, or below the water surface. Once a touch has been made, a swimmer may turn in any manner desired. The shoulders must be at or past the vertical toward the breast when the swimmer leaves the wall.
- E. **Finish** - At the finish, the body shall be on the breast and the touch shall be made with both hands simultaneously at, above, or below the water surface.

14. **BACKSTROKE:**

- A. **Start** - For the backstroke start, swimmers shall line up in the water facing the starting end with both hands in contact with the end of the pool or the starting platform. Prior to the command "Take your mark" and until the feet leave the wall at the starting signal, the swimmer's feet, including the toes, shall be completely under the surface of the water. Standing on or in the gutter or curling the toes over the lip of the gutter before or immediately after the start is not permitted and will make the swimmer subject to disqualification by the Stroke & Turn judge.
- B. **Stroke** - The swimmer shall push off on his back and continue swimming on the back throughout the race. Some part of the swimmer must break the surface of the water throughout the race, except it shall be permissible for the swimmer to be completely submerged for a distance of not more than 15 meters (16.4 yards) after the start and turn. By that point, the head must have broken the surface of the water.
- C. **Turn** – Upon completion of each length, some part of the swimmer must touch the wall. During the turn the shoulders may be turned past the vertical toward the breast after which a single arm pull or a simultaneous double arm pull may be used to execute the turn. The swimmer must have returned to a position on the back upon leaving the wall.
- D. **Finish** – Upon the finish of the race, the swimmer must touch the wall while on the back.

15. **FREESTYLE:**

- A. **Start** - The forward start shall be used.
- B. **Stroke** - In event designated freestyle the swimmer may swim any style, except that in a medley relay or an individual medley event, freestyle means any style other than butterfly, breaststroke or backstroke. If a swimmer chooses to swim another stroke for freestyle all rules pertaining to that stroke apply. For freestyle, some part of the swimmer must break the surface of the water throughout the race, except it shall be permissible for the swimmer to be completely submerged during the turn and for a distance of not more than 15 meters (16.4 yards) after the start and turn. By that point the head must have broken the surface.
- C. **Turn** - Upon completion of each length, some part of the swimmer must touch the wall.
- D. **Finish** - The swimmer shall have finished the race when any part of his person touches the wall after completing the prescribed distance.

16. **INDIVIDUAL MEDLEY:**

The swimmer shall swim the prescribed distance in the following order: the first one-fourth, butterfly; the second one-fourth, backstroke; the third one fourth, breaststroke; and the last one-fourth, freestyle.

- A. **Start** -The forward start shall be used.
- B. **Stroke** - The stroke for each one-fourth of the designated distance shall follow the prescribed rules for that stroke.
- C. **Turns**
 - 1. **Butterfly to Backstroke** - The swimmer must touch as described in 13.E. Once a legal touch has been made, the swimmer may turn in any manner, but the shoulders must be at or past the vertical toward the back when the swimmer leaves the wall.
 - 2. **Backstroke to Breaststroke** - The swimmer must touch the wall while on the back. Once a legal touch has been made, the swimmer may turn in any manner but the shoulders must be at or past the vertical toward the breast when the swimmer leaves the wall and the prescribed Breaststroke form must be attained prior to the first arm stroke.
 - 3. **Breaststroke to Freestyle** - The swimmer must touch as described in 12.E. Once a legal touch has been made, the swimmer may turn in any manner.
- D. **Finish** – The swimmer shall have finished the race when any part of his/her person touches the wall after the prescribed distance.

17. **RELAYS:**

- A. **Freestyle Relay** – Four swimmers on each team, each to swim one-fourth of the prescribed distance using any desired stroke(s). Freestyle finish rules apply.
- B. **Medley Relay** – Four swimmers on each team, each to swim one-fourth of the prescribed distance continuously in the following order: 1st--Back stroke; 2nd--Breaststroke; 3rd--Butterfly; and 4th--Freestyle. Rules pertaining to each stroke used shall govern where applicable. At the end of each leg, the finish rule for each stroke applies in each case.
- C. **Pertaining to Relay Races**
 - 1. No swimmer shall swim more than one leg in any relay event.
 - 2. No Swimmer other than the swimmers entered shall swim in any relay event.
 - 3. Each relay member shall leave the water immediately upon finishing his/her leg, except the last member.
 - 4. All swimmers except the lead swimmer may be moving on the start as long as their feet are still in contact with the blocks or pool edge when the previous swimmer finishes his leg.

ORDER OF EVENTS

Tri Valley Swim League

Event Numbers

Girls	Boys	Age Group	Event
1	2	6 & Under	100 Medley Relay
3	4	7-8	100 Medley Relay
5	6	9-10	100 Medley Relay
7	8	11-12	200 Medley Relay
9	10	13-14	200 Medley Relay
11	12	15-17	200 Medley Relay
13	14	6 & Under	25 Free
15	16	7-8	25 Free
17	18	9-10	50 Free
19	20	11-12	50 Free
21	22	13-14	50 Free
23	24	15-17	50 Free
25	26	6 & Under	25 Fly
27	28	7-8	25 Fly
29	30	9-10	25 Fly
31	32	11-12	50 Fly
33	34	13-14	50 Fly
35	36	15-17	50 Fly
37	38	6 & Under	25 Breast
39	40	7-8	25 Breast
41	42	9-10	25 Breast
43	44	11-12	50 Breast
45	46	13-14	50 Breast
47	48	15-17	50 Breast
49	50	9-10	100 I.M.
51	52	11-12	100 I.M.
53	54	13-14	100 I.M.
55	56	15-17	100 I.M.
57	58	6 & Under	25 Back
59	60	7-8	25 Back
61	62	9-10	25 Back
63	64	11-12	50 Back
65	66	13-14	50 Back
67	68	15-17	50 Back
69	70	6 & Under	100 Free Relay
71	72	7-8	100 Free Relay
73	74	9-10	200 Free Relay
75	76	11-12	200 Free Relay
77	78	13-14	200 Free Relay
79	80	15-17	200 Free Relay

STROKE & TURN JUDGE DQ CODES

Tri Valley Swim League

INDIVIDUAL

IH: 1 Hand Touch

CL: Changed Lane

CS: Changed Stroke

DK: Double Kick

DP: Double Pull

ES: Early Start

HU: Head Underwater

IS: Illegal Start

NT: No Touch

PV: Past Vertical

LL: Pulled on Lane Line

TB: Touched Bottom

UW: Underwater past 15M Mark

WP: Wrong Pull

WS: Wrong Stroke

WK: Wrong Kick

RELAYS

_ _ 1: Stroke Infraction by Swimmer #1

_ _ 2: Stroke Infraction by Swimmer #2

_ _ 3: Stroke Infraction by Swimmer #3

_ _ 4: Stroke Infraction by Swimmer #4

ES 2: Early Take Off by Swimmer #2

ES 3: Early Take Off by Swimmer #3

ES 4: Early Take Off by Swimmer #4

COS: Changed Order of Swimmers

NES: Not Enough Swimmers

RIBBONS

Tri Valley Swim League

COLOR:

1st Place: Blue
2nd Place: Red
3rd Place: White
4th Place: Yellow

SIZE:

Place ribbons should be approximately 8” long

QUANTITY:

The home team will provide the following quantities to the away team:

1st Place: 155
2nd Place: 155
3rd Place: 60
4th Place: 56

INVENTORY:

Teams should maintain an inventory sufficient to cover the ribbon distribution for a full season, if unused ribbons are not returned until the Championship meet. However, teams should make an effort to return unused ribbons in a timely manner, if proper return information is provided.

RETURNS:

Teams should place their ribbons in a container with clearly marked return information. Specifically:

- Team Name
- Ribbon Coordinator’s Name; Phone Number
- Address where extra ribbons should be returned