

## **Twin Counties Swim League Policies and Rules**

### **1. General**

- A. United States Swimming Association rules will govern meets unless specified herein.
- B. The content, interpretation and subsequent revision of these rules are the responsibility of the “Rules Committee,” which shall consist of one representative from each of the participating teams.
- C. The Rules Committee shall meet at least once each year to review the contents herein. A majority vote of quorum is necessary to revise the rules or to “rule” on an interpretation that has been brought to the committee during the season.
- D. The chairperson for the Rules Committee will be the League President.

### **2. Age Classification and Limitations**

- A. Age is determined on or before June 15<sup>th</sup> of the current season/year. Minimum age is 4 years old and the maximum age is 18.
- B. A swimmer may swim up one age group for either relays only or the entire meet. A swimmer who chooses to swim up for the relays may swim in both age groups for the relays but not in the same event.
- C. A swimmer who chooses to swim up for an individual event must swim up for the entire meet, including relays. The only exception is for a 6 and under swimmer who wants to swim in the 8 and under IM may do so without swimming up for the entire meet.
- D. A maximum of three swimmers may swim up to complete an age group relay team.
- E. Swimmers must swim in their official age group in the League Championship Meet.

### **3. Individual Eligibility**

- A. The swimmer must be a member in good standing of the team he/she represents.
- B. Swimmers changing teams within the league during the season will not be able to swim in the league competition for the remainder of the league season. An exception is when a swimmer’s family moves to another location, eligibility may be restored by a majority vote of the League Board.

- C. Swimmers who have competed and /or trained with a USA swim team after December 31 of the previous year are not eligible, except as follows:
- 1) Members of scholastic teams may continue to train with the USA team until the high school or college swim practice begins, or until March 15th of the current season/year, whichever comes first.
  - 2) Members of scholastic teams may continue to train with a high school or collegiate team through the season.
  - 3) Except members of scholastic teams, swimmers may not re-enter the water for training between January 1<sup>st</sup> and April 15<sup>th</sup> of the current season/year.
  - 4) Swimmers may participate with USA water polo teams.
- D. Assistant Coaches may compete provided they meet all the eligibility requirements and are members of the team. Head coaches are not eligible to compete.
- E. Swimmers must compete in at least one League dual meet during the regular season in order to participate in the League Championship meet.
- F. Any team using an ineligible swimmer, as specified above, will forfeit all points achieved by the ineligible swimmer.

#### 4. Distance

	Individual	Individual	Team
Age	Events	Medley	Relays
<b>6 &amp; under</b>	25 yards		100 yards
<b>7-8</b>	25 yards	100 yards	100 yards
<b>9-10</b>	50 yards	100 yards	200 yards
<b>11-12</b>	50 yards	100 yards	200 yards
<b>13-14</b>	50 yards	100 yards	200 yards
<b>15-18</b>	100 yards	100 yards	200 yards

## **5. Order of Events:**

- A. Dual meets shall proceed according to the following order:
  - 1) Medley Relay
  - 2) Individual Medley
  - 3) Individual Freestyle
  - 4) Breaststroke
  - 5) Butterfly
  - 6) Backstroke
  - 7) Free Relay
- B. Each event shall begin with the youngest age group and alternate girls first, then boys.

## **6. Entry Limitations**

- A. A swimmer may not swim in more than three individual events and two relay events in dual meets. The League Meet Committee will determine the number of entries allowed in the League Championship Meet.

## **7. Time Limitations**

- A. Dual Meets: As much as possible, League dual meets will be held on Saturdays beginning no later than 9:00 AM. Dual meets held on Wednesday nights will begin no later than 6:00 PM. The last event shall not start after 9:00 PM.
- B. When there are time constraints for the meet that are known in advance, e.g. larger teams and limited pool usage time, the following adjustments might be considered: limiting the number of heats in an individual event, forgoing the IM event, swapping the order of relays, or other. Both coaches must agree to such changes before the computer entries are submitted and the meet is seeded. Twin Countries Swim League (TCSL) recommends priority of events be given to individual events.
- C. If time appears limited when the meet is underway, the last relay event may be canceled, following the concurrence of the coaches and the identified Meet Director (or the individual serving in the capacity of a meet director.)

## 8. Lane Assignments

A. Home team: even lanes 2, 4, 6, 8

(Recorder and one timer in your home lane, two visiting timers)

B. Visiting team: odd lanes 1, 3, 5, 7

(Two home timers, one visitor timer, and visiting recorder)

C. In pools with odd number of lanes, the odd lanes will be alternated between heats starting with visiting team.

## 9. Meet entries & Seeding

A. Entries due: The visiting team must submit their entries to the home team at least two days in advance; not later than Monday 8:00 PM for a Wednesday evening meet and Thursday 8:00 PM for a Saturday morning meet.

B. The hosting team is to provide the seeded meet to the visiting team no later than noon the following day; Tuesday 12:00 PM or Friday 12:00 PM for a Wednesday or Saturday meet, respectively. This will enable review by teams to avoid last minute changes at the meet.

C. The seeding will be set per entry times submitted by the entry deadline.

1) In dual meets, all heats will be seeded with the fastest heat swimming first. Lane assignments will place the fastest swimmers per heat in the center two lanes.

2) In the League Championship meet, swimmers shall be seeded in lanes under the procedures outlined for Preliminary & Final Heats in the 2005 USA Swimming "Rules & Regulations" in 102.5.1 through 102.5.4.

D. Any mistake with correctly-submitted entries will be corrected on deck before the scheduled meet. Coaches will be limited to eight (8) changes on-deck, before a meet. All changes must be submitted no later than 30 minutes prior to meet start time.

E. If a coach requests manual seeding, it must be agreed upon by the hosting team, and the requested seeding must be submitted by the submission deadline.

F. Complimentary swimmers (swimmers participating for time only, no team scoring) must be designated with an "X" in seeding submissions.

## 10. Places & Scoring

A. Winners shall be determined by time. All events count for points, whether or not the opposing team has entries. All heats of swimmers will count for scoring. Complimentary swimmers are allowed, but will not count in meet scoring.

B. Scoring for individual events shall be as follows:

Points	Place
5	First
3	Second
1	Third
0	Fourth – Eighth place

C. Scoring for relays shall be as follows:

Points	Place
6	First
3	Second
0	Third – Eighth place

D. When two or more swimmers tie for any place in any event the points credited to such place, and the place next in order, shall be equally divided between such swimmers, i.e. if two tie for first place, the points to be credited to first place and the points to be credited to second place shall be added and divided one-half and one-half. (Excerpted from 2004 USA Swimming “Rules & Regulations,” 102.7.5)

E. If the entire meet can not be completed, scoring will end at the completion of the last event.

F. There is no limit to the number of points a team can earn in individual events.

G. Limitations to team scoring in relay events: Each team can earn points for only one place--no sweeps or blocking allowed.

H. In dual meets, when a relay team or individual swimmer is disqualified, the subsequent places will move up accordingly and points shall be awarded to conform to the new places.

I. Only official league score sheets or computer-generated score reports may be used for scoring dual meets. Score sheets for dual meets must be submitted to the visiting team within 24 hours and to the League President within 72 hours, of the conclusion of the meet.

## 11. Swimmer Awards

- A. All swimmers who qualify for place ribbons in individual events shall be awarded the appropriate ribbon, even if they are from the same team.
- B. Ribbons shall be awarded as follows:

	Award	Place	Comments
<b>Individual Events</b>	Ribbon	First - Sixth	
	Ribbon	Seventh- Eighth	Should be given at eight lane pool
<b>Relay Events</b>	Ribbon	First	In case of tie, duplicate awards will be given
	Ribbon	Second	

- C. Other ribbon awards may be awarded at dual meets; these are at the discretion of the individual teams. Second heat ribbons shall be given at the discretion of individual teams.
- D. Participant ribbons shall be awarded for each individual event in dual meets for all 8 and under swimmers, if they have not placed in an individual event. Participant ribbons will not be awarded to swimmers 9 and older unless requested by the coaches prior to the meet for special needs children.

## 12. Team Trophies. The following trophies will be awarded to the teams at the conclusion of the League Championship Meet:

- A. A trophy will be awarded to the first place team on the basis of points earned at the Championship Meet. In case of a tie, duplicate awards will be given.
- B. A trophy will be awarded to the first place team for the standings in the season's dual meet competition.

## 13. Stroke and Turn Stroke and turn requirements shall be enforced in accordance with current USA requirements and the following:

- A. Only trained, experienced adults are authorized to officiate as Stroke and Turn (S&T) judges at League dual meets. League sponsored training will be consistent with league directions for any new USA swim rule modifications. Only those who attended league-sponsored training or training provided by certified USA officials may serve as Stroke and Turn judges at dual meets. Officials will be considered experienced after such training plus half of one

season (July 10<sup>th</sup> of the season). Trainees may walk the deck with an experienced judge but may not issue disqualification (DQ) slips.

- B. There must be at least two stroke and turn judges (one on each side of the pool) officiating during the course of each event. During relay races, and if eight lanes are used, it is preferable if there are two stroke and turn judges on each side.
- C. Each S&T official is responsible for his/her assigned lanes only. S&T officials will not issue DQ slips for infractions viewed outside their lane assignment.
- D. The USA special false start rule will apply at all League dual meets. Swimmers will be disqualified on the second false start per event.
- E. For the backstroke event, Swimmers shall enter the water feet first. Diving is not permitted. Any swimmer diving into the water shall be given a false start by the Starter.
- F. The In-water Forward Start. For starts or relay take-offs in water depth of less than 4 feet, swimmer's shall start in the water with at least one hand on the wall or on the deck. To initiate the start, the swimmer shall push off the wall, but shall not push off the pool bottom. For in-water starts at the start of a race, at least one of the swimmer's feet shall be in contact with the wall after the "Take your Mark" command. In relays, some part of the body of the departing swimmer shall remain in contact with the wall or deck, until the incoming swimmer touches the wall.
- G. Warning slips will be issued to swimmers in the 6 and under age group for violation of basic stroke requirements, before July 10<sup>th</sup>. Swimmers will be disqualified for false starts or for continued violation of basic stroke requirements which has gained an advantage over the competition.

#### 14. Meet Officials and Team Workers

To ensure that dual meets are completed in an orderly and timely manner, the following assignment of workers shall be made by each team

Position	Assignment
Starter	Home team
Stroke and Turn	One or two per team (see section 13)

Referee	Home team; duties include: (1) serve as back up to the starter and concur with all false starts, (2) record all protests on the score sheets, and (3) arbitrate protests.
Head Timer	Home team
Lane Timers	Each team will supply one-half of the number of timers required allowing three timers per lane
Lane Recorders	Each team will supply one-half of the number of recorders required allowing one recorder per lane.
Runner	Home team
Shepherds	Supplied at the discretion of the teams
Announcer	Home team
Scorekeepers	Minimum one per team; must be experienced in League scoring
Ribbon writers/sorters	Minimum of one per team
Sorter	Home team
Computer operators	Two per home team and one verifier supplied by the visiting team if desired

## 15. Equipment Requirements

- A. The home team shall provide the following items for both teams:
- 1) Clip boards for lane recorders
  - 2) DQ slips
  - 3) Ribbons
  - 4) Score Sheets
  - 5) Pencils and Pens
  - 6) Meet seeding sheets – one for the visiting team to post, one for each coach (home and visiting teams), one for each S&T official, one for the starter, one for the referee, an age specific sheets for 6 and under and 7/8 parent shepherds.
- B. Each team shall provide its own digital stopwatches capable of recording time in hundredths.

## 16. Official Time

- A. A timing system shall consist of one of the following (Excerpted from 2004 USA Swimming “Rules and Regulations”)
  - 1) Automatic Timing
  - 2) Semi-Automatic, with three (3) or two (2) buttons per lane, each operated by a separate timer.
  - 3) Manual, with three (3) or two (2) watches per lane, each operated by a separate timer.
- B. Whenever semi-automatic or manual times is used the official times shall be determined as follows (Adapted from 2004 USA Swimming “Rules and Reg’s”):
  - 1) If two of the button/watch times agree, that shall be the official time.
  - 2) If all three buttons/ watches disagree, the intermediate (median) time shall be the official time.
  - 3) If only two buttons/ watches are used, the official time shall be the average of those two times.
  - 4) If only one button/ watch is used, that shall be the official time.

## 17. Rules and Interpretation and Protests

- A. Protests can be made for the following rule infractions only:
  - 1) Swimmers’ eligibility (refer to section 3)
  - 2) Scoring (refer to section 10)
  - 3) Any meet official’s decision in conflict with League rules.
- B. Judgment decisions of the Referee are not subject to protest.
- C. Procedures for protests:
  - 1) League representative notifies the referee of the protest.
  - 2) The referee then consults with the league representatives from both teams in an effort to arrive at a solution by the conclusion of the meet.
  - 3) If a solution cannot be reached, then the facts of the protest are recorded on the score sheets by the referee
  - 4) A written report must be submitted to the League President within 72 hours of the conclusion of the meet.
  - 5) The President may then rule on the protest or call emergency meeting of the League Board. The team representatives will be notified of the board’s decision within one week.

- 6) An appeal can be made at the next regularly scheduled meeting of the League Board.
  - 7) If steps 1 – 3 are not followed, then the protest is not valid and the League President will not consider it.
- D. If team representatives' swimmers are involved in the protest, another representative from the team should be appointed to take part in the resolution.

## **18. Penalties**

- A. Score keeping: If an error is corrected and proper points and ribbons are awarded, there is no penalty.
- B. Eligibility: Event points earned by the swimmer who is deemed ineligible are lost. Score is corrected based on the finish of the remaining swimmers. Awards are given to remaining swimmers. A twenty (20) point penalty shall be assessed against the infringing team.
- C. Rules violation: Protests made because of rules violations shall be brought before the league board for a ruling regarding any penalty(ies).
- D. If entry seed times for dual meets are not punctual (refer to section 9) the following penalties will be implemented:
  - 1) Same-day submissions result in forfeiture of the meet or a “win” for the hosting team.
  - 2) Late entry submissions to TCSL swim teams have the following penalties:
    - 1st offense – \$50 fine (paid to the hosting team) and 25 points deducted from the visiting team's meet score
    - 2<sup>nd</sup> offense – forfeiture of the meet or a “win” for the hosting team