

TRI-VALLEY SWIM LEAGUE RULES

(Revised June 2018)

LEAGUE PHILOSOPHY:

Ultimately, the goal of the Tri-Valley Swim League is for each participant to develop a lifelong love for swimming. Our league focuses on individual skill development, goal setting, recreational competition and most importantly, fun. Swimmers are encouraged to reach their personal potential and enjoy the benefits of a team community.

It is our hope that TVSL swimmers are able to remember their swim summers fondly; the benefits of hard work, the excitement of competition, and the fun of summers spent with teammates, family, and friends.

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.
****7a (2018) Based on current, local academic calendars, the first 2018 team practices begin May 21, 2018.**
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.
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 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 will 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

1. **Rules:** TVSL Rules will take precedence in regard to decision making.
2. **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.
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 be trained through TVSL 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 no 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 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 a 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 line or push off the sidewall or the bottom and gain an unfair advantage. This call is 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.

SWIM STROKES:

**In 2018, TVSL League Coordinators voted to use the National Federation of High Schools (NFHS) official swim stroke rules. The format may be new to many, but the rules are nearly identical to our previous document. We believe this alignment with nationally accepted swim stroke rules will clarify judging and steer our participants toward correct stroke form from the beginning of their swim journey.*

From the NFHS 2017 – 18 Swimming and Diving Rules Book

Rule 8: Swimming Events

SECTION 1: STARTS AND FINISHES

ARTICLE 1 . . . For the forward start, upon the starting command "Take your mark," swimmers shall promptly assume a stationary position with their foot/feet at the front edge of the platform or pool deck. When all swimmers are stationary, the starter shall activate a starting device.

NOTE: With starter permission, a swimmer may start in the water. The swimmer shall step in the water feet first, must be stationary and have at least one hand in contact with the starting platform or end wall. A backstroke start is not permitted.

ARTICLE 2 . . . For the backstroke start, swimmers shall step in the water feet first, and face the starting end with both hands in contact with the end of the pool or the starting platform. Upon the starting command "Take your mark," swimmers shall promptly assume a stationary position. When all swimmers are stationary, the starter shall activate a starting device. 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 not be above or curl over the lip of the gutter or pool edge. Standing in or on the gutter, placing the toes above the lip of the gutter, or curling the toes over the lip of the gutter before the start, is prohibited.

ARTICLE 3 . . . Subject to the discretion of the starter, an infraction/false start occurs when a swimmer:

- a. Unnecessarily delays reporting for the start or assuming a starting position;
- b. Does not step into water feet-first for an in-water start;
- c. Does not remain stationary immediately prior to the start. Other swimmers are to be released by the starter's command, "Stand up;" or
- d. Leaves the mark before the starting signal.

PENALTIES:

1. **The swimmer or relay team is disqualified from the event**
 - a. **And shall not swim when in violation of items a-d above;**
 - b. **If the starting signal has been given before the disqualification is declared, the race shall continue without recall. (8-1-4)**
2. **These same penalties apply in championship meets when there is dual confirmation.**

ARTICLE 4 . . . When one or more swimmers have obtained an unfair advantage at the start, the race shall continue without recall.

PENALTY: The swimmer or relay team is disqualified from the event.

NOTES:

1. If the recall signal is activated inadvertently, the race is recalled and the starter may disqualify the swimmer(s) leaving the mark before the starting signal.
2. The starter may recall the entire heat when he/she is not satisfied that the race was properly started. It is not necessary to change any swimmer with a false start under these conditions.

ARTICLE 5 . . . For the forward start, swimmers may stand up on the starting platform after the command "Stand up," but they shall not unnecessarily enter the water, step off the starting platform nor delay a new start.

ARTICLE 6 . . . For the backstroke start, swimmers may release from the starting position after the command "Stand up," but they shall not leave the starting area nor unnecessarily delay a new start.

PENALTY: The swimmer or relay team is disqualified from the event.

ARTICLE 7 . . . To finish the race, the swimmer shall contact the finish end in the manner prescribed.

SECTION 2: FORM OF INDIVIDUAL EVENTS

ARTICLE 1 . . . The Backstroke:

- a. The backstroke start shall be used;
- b. Any stroke is permitted. The body shall remain on the back to the degree the shoulders do not turn over beyond the vertical plane except while executing a turn;
- c. Standing in or on the gutter or curling the toes over the lip of the gutter immediately after the starting signal is not permitted;
- d. Any kick is permitted;
- e. The swimmer may be completely submerged during the turn for a distance of not more than 16.4 yards (15 meters) after the start and each turn. By that point, some part of the head must have broken the surface of the water. After breaking the surface of the water, the swimmer must remain on the surface (any part of the swimmer's body is on or above the surface) except for turns;
- f. The turn requires that some part of the swimmer's body contact the end wall. After the swimmer's head has passed the backstroke flags, prior to the turn, the swimmer's upper shoulder may (but is not required to) rotate past the vertical toward the breast before the touch is completed, provided such rotation is accompanied by an initiation of the turning action or continuation into the wall.
 1. The initiation of the turning action shall be accomplished by a single-arm or simultaneous double-arm pull, or in the absence of such pulls, by an upward or downward, underwater movement of the head.

After the initiation of the turning action, no additional arm pulls may be started; however, kicking and gliding actions are permitted.

The swimmer shall assume a position on the back before the feet leave the wall;
- g. The finish requires completion of the required distance and contact with the finish pad (when automatic timing is used) or finish end by any part of the swimmer with some part of the body at or above the surface.

PENALTY: Swimmer shall be disqualified from the event for form violations.

ARTICLE 2 . . . The Breaststroke:

- a. The forward start shall be used;
- b. The body shall remain on the breast except while executing a turn;
- c. On the start and turn, one arm stroke beyond the hipline followed by one breaststroke kick may be made while the swimmer is underwater; anytime before the breaststroke kick, a single butterfly kick is permitted. Some part of the head must break the surface before the hands turn inward at the widest part of the second stroke after the start and after each turn;

Thereafter:

1. The hands shall not be brought back beyond the hipline;
 2. Some part of the head must break the water surface sometime during each stroke cycle (one arm pull followed by one leg kick) except after the final arm pull to the turn or finish.
- d. There shall be no sculling with the hands at the end of the first arm stroke following the start or turn;
 - e. The stroke requires that the arms shall move simultaneously and in the same horizontal plane without any alternating movement. Both hands shall be pushed forward from the breast simultaneously on, above or under the surface of the water. Elbows must remain under the water except for the last stroke at the turn/finish of the prescribed distance (butterfly recovery is not permitted at any time);
 - f. The kick requires the feet be drawn up with the knees bent. The feet must be turned outward during the propulsive part of the kick. All movement of the legs and feet shall be simultaneous and in the same horizontal plane. No scissors, flutter, or downward butterfly kick (developed from a flexing and extending of the knee) is permitted except as provided in 8-2-2c above;
 - g. The turn requires a simultaneous touch with two hands, not necessarily on the same plane, after which any manner of turn is permitted. The shoulders shall be at or past the vertical toward the breast when the feet leave the wall. The legal body position shall be regained prior to the first arm pull;
 - h. The finish requires completion of the required distance and contact with the finish pad (when automatic timing is used) or finish end with both hands simultaneously, not necessarily on the same plane.

PENALTY: Swimmer shall be disqualified from the event for form violations.

ARTICLE 3 . . . The Butterfly:

- a. The forward start shall be used;
- b. The body shall remain on the breast except while executing a turn. After the start and after the turn, the swimmer is allowed one or more leg kicks, but only one arm pull under water;
- c. The stroke requires that both arms simultaneously pull backward under the water, then simultaneously recover over the water. At any given time, corresponding points on both hands shall be at the same horizontal plane;
- d. The kick requires that both legs and feet move up and down – simultaneously in the vertical plane. Scissors, breaststroke and alternating up and down movements of the legs are not permitted;
- e. The turn requires a simultaneous touch with two hands, not necessarily on the same plane, after which any manner of turn is permitted. The shoulders shall be at or past the vertical toward the breast when the feet leave the wall. The legal body position shall be regained prior to the first arm pull;
- f. The swimmer may be completely submerged for a distance of not more than 16.4 yards (15 meters) after the start and each turn. By that point, some part of the head must have broken the surface of the water. After breaking the surface of the water, the swimmer must remain on the surface except for turns and on the finish;
- g. The finish requires completion of the required distance and contact with the finish pad (when automatic timing is used) or finish end with both hands simultaneously, not necessarily on the same plane.

PENALTY: Swimmer shall be disqualified from the event for form violations.

ARTICLE 4 . . . The Freestyle:

- a. The forward start shall be used;
- b. Any body position, stroke and kick is permitted and any combination of styles may be used;
- c. The turn requires that some part of the swimmer's body contact the end wall. The final leg of the individual medley and the medley relay requires the swimmer to be at or past vertical toward the breast before any stroke, kick or propulsive motion;
- d. The swimmer may be completely submerged for a distance of not more than 16.4 yards (15 meters) after the start and each turn. By that point, some part of the head must have broken the surface of the water. After breaking the surface of the water, the swimmer must remain on the surface except for turns and finishes;
- e. The finish requires completion of the required distance and contact with the finish pad (when automatic timing is used) or the finish end by any part of the swimmer.

PENALTY: Swimmer shall be disqualified from the event for form violations.

ARTICLE 5 . . . The Individual Medley begins with the forward start. Competitors shall swim the butterfly for the first quarter of the required distance of the complete race, the backstroke for the second quarter, the breaststroke for the third quarter and any stroke other than backstroke, breaststroke or butterfly for the last quarter. Each section must be finished in accordance with the finish rule that applies to the style concerned.

PENALTY: Swimmer shall be disqualified from the event for form violations.

SECTION 3 RELAY EVENTS

ARTICLE 1 . . . The Medley Relay is swum by a team of four competitors, each swimming one quarter of the required distance of the race. The first shall use the backstroke start and swim backstroke; the second shall swim breaststroke; the third, butterfly; and the fourth shall swim any stroke other than backstroke, breaststroke or butterfly. Each swimmer shall adhere to the position, stroke, kick, turn and finish rules governing the stroke being swum. (8-3-6)

ARTICLE 2 . . . The Freestyle Relay is swum by a team of four competitors, each swimming one quarter of the required distance of the race in any style, adhering to the turn and finish rules of the freestyle event. The first swimmer of the relay team must use the forward start. (8-1-1, 8-3-5, 8-3-6)

PENALTY: For a violation by an individual member of the relay team, the relay team is disqualified from the event.

ARTICLE 3 . . . All other relay events shall be swim in accordance with all rules governing the strokes involved. In the backstroke relay events, all takeoffs except the initial start shall be from a forward start, after which the swimmers are permitted one immediate arm pull in the prone position prior to turning over on their backs.

PENALTY: For a violation by an individual member of the relay team, the relay team is disqualified from the event.

ARTICLE 4 . . . The first swimmer of a relay team, once called to the starting platform by the referee, shall not change his/her swimming order in the relay event with any teammate.

ARTICLE 5 . . . On the takeoff, the second, third and fourth swimmers on a relay team may be in motion before the previous swimmer finishes. The swimmer shall remain in contact with the starting platform/pool deck until the previous swimmer has finished. However, moving from the back of the starting platform to the front is permitted provided the swimmer is on the starting platform and does not initiate the action from the pool deck.

TVSL RULES: Stroke & Turn: NFHS Swim Stroke Rules: 'Relay Events' continued

- a. On starts from the deck, the second, third and fourth swimmers shall use the forward start with at least one foot at the edge of the deck. The body may be in motion, but no intentional movement of the feet is permitted.
- b. For in-water starts, the second, third and fourth swimmers need only maintain contact with the end wall with a foot until the previous swimmer has finished.
- c. When starting block wedges are installed, the second, third and fourth swimmers all have at least one foot in contact with the surface of the starting platform in front of the wedge during takeoff.

ARTICLE 6 . . . Each swimmer of a relay team must contact the finish end at the conclusion of his or her leg of the relay in accordance with the finish rule applicable to such stroke.

PENALTY: For a violation by an individual member of the relay team, the relay team is disqualified from the event.

ARTICLE 7 . . . The first three members of relay teams shall leave the water by the finish end of their lane promptly after finishing their quarter of the race.

PENALTY: For a violation by an individual member of the relay team, the relay team is disqualified from the event.

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	15-18	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	15-18	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	15-18	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	15-18	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	15-18	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	15-18	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	15-18	200 Free Relay

STROKE & TURN JUDGE DQ CODES

Tri Valley Swim League

INDIVIDUAL

1H: 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
TW: Toes Above Water

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