

**VALLEY FOOTHILL COMPETITIVE AQUATIC LEAGUE
ARTICLE II - COMPETITIVE SWIMMING**

SECTION-1 LEAGUE DEFINITION

- 1-A. Each team within the V.F.C.A.L. will swim in Dual meets utilizing flights as outlined in section 3-B. A flight and B flight swimmers will be welcome to swim in the Championship meet as long as they meet all of the requirements.

SECTION-2 AGE GROUPS

- 2-A. Six years of age and under (6/under), 7-8, 9-10, 11-12, 13-14, 15-18.
- 2-B. Participant's age will be determined as of June 1st.
- 2-C. If a participant's birthday is on or before June 1st, he or she must advance to the next age group prior to competing. If the Birthday is after June 1st, he or she may remain in his or her age group or advance to the next age group but must then remain in the older age group for the season.
- 2-D. Swimmers must swim in their own age group in all individual dual meets and in the League Championship Meet. *Exception:* A swimmer may choose to swim in an upper age group, however, they must stay in that group for the remainder of the season and Championships (the exception is a 6/under moving up to swim breaststroke or butterfly ~~exhibition~~*exhibition only*). For relays at dual meets, a swimmer may swim in an upper age group event for the purpose of filling a spot due to an unexpected scratch the day of. For relays at the League Championship Meets, no swimmers are allowed to swim in an upper age group unless that have been for the entire season.

SECTION-3 DIVISION ENTRIES

- 3-A. Swimmers may enter up to 3 individual events and two relays per meet.
- 3-B. The top five (5) swimmers for each team, in each event may only swim in the first flight, flight A, of those events in which they are ranked 1-5.
- 3-C. Visiting team must supply to the home team representative a computer file (e-mail) with the following: the visiting teams' entries and a team roster of their swimmers by 8 PM the Wednesday before the Saturday meet. (Prior to sending the file, the visiting team needs to run an EXCEPTION REPORT and make all corrections before they become the problem of the home team). At the conclusion of the meet, the home team will e-mail the results of the meet to the visiting team.
- 3-D. Computer Operators must follow specific guidelines for entering meets/swimmers prior to each meet.

- 3-E. Lanes will be designated for each team as follows:
Home - Lane 1, 3, 5, 7
Visitor - Lane 2, 4, 6, 8

3-F. Home team responsibilities: Home team coaches will not be allowed to study or view visiting entries prior to the time that his entries are turned in for recording. The meet set-up and swimmer entries will be entered by the home team Computer Operator. The home team will also supply the lane slips, rosters, check-in sheets and 15 copies of the meet program to each team. After scratch session, a master program of all changes will be given to the computer operator.

SECTION- 4 ELIGIBILITY

- 4-A. General eligibility is outlined in section 4 of the V.F.C.A.L General Rules.
- 4-B. Swimmers, who have not reached their 19th birthday on or before June 1 and are enrolled in college, can compete with a VFCAL team only if they have swum for that same team the 2 consecutive VFCAL seasons prior to entering college.
- 4-C. All swimmers may workout and compete with any organized swimming group from the end of the VFCAL season up through January 15.
- 4-D. The League "Rest Period" is January 16th through the month of February. During the League's rest period, no swimmer may swim or compete with any organized group, which meets on a daily, weekly or monthly basis.

Definition of an "Organized Group": Any group that meets on a daily, weekly or monthly basis in which an organized workout with a coach, instructor or other person responsible for the group is present on the deck or in the pool at one time. Specialized clinics or classes of only one (1) day in duration are allowed with a maximum of five (5) 1-day classes/clinics throughout the rest period.

The rest period does not apply to the US Swimming Junior Olympic Meet described in 4-B.

- 4-E. From March 1st through the League's starting date, any swimmer who competes in any US Swimming affiliated swim meet (attached, unattached or unofficial) is not eligible to participate in the upcoming VFCAL season.

Exception: High school and college team swim members, practicing and competing for their schools.

- 4-F. After the League starting date (See VFCAL General Rules), no swimmer may swim with any United States Swimming affiliated swim team or any other competitive or recreational swim team outside of their VFCAL team for the duration of the VFCAL season. The VFCAL season ends with the Championship meet.
- 4-G. Swimmers violating eligibility rules 4-A through 4-F shall be deemed ineligible and shall be removed from the League. All points earned by the ineligible swimmer at any point in the season shall be removed and the meets shall be re-scored.

4-H. Complaints regarding any swimmer, who is suspected of violating any of the eligibility rules, must follow the protest procedures as outlined in Section 9 of the VFCAL General Rules.

SECTION-5 CHAMPIONSHIP MEET ENTRIES

- 5-A. In order to be eligible to swim in championships, each swimmer must have officially competed in two (2) league meets. To be considered to have competed in a league meet, the swimmer must have entered and competed in at least one event in that meet.
- 5-B. Each team may enter any number of swimmers in each individual event provided that they have competed officially in two league meets. Each team can enter three (3) relay teams in the relay events. Swimmers cannot exceed 3 individual and 2 relay events with the maximum number of 5 events.
- 5-C. For every swimmer competing in championships, teams must submit a time for each event the swimmer is entered. The time for the event should come from swimming that event in a current season dual meet. However, if no time exists, an alternate time may be submitted. Acceptable alternate times may come from team time trials, invitational meets, or open meets held during the current swim season. An "official" time is defined as one that has three official timers and is officiated by a stroke and turn judge.

SECTION-6 COMPETITION PROCEDURES

- 6-A. Meets will start at 8:30 AM. Warm-ups are 7:30-8:20 AM, home team first.
- 6-B. Scratches
- (1) Scratch session must start by 7:50 AM and it is possible to start the meet before scratch session is complete if scratch session continues after the 8:30 AM start time.
 - ~~(2)~~ All changes should be kept at a minimum. No changes will be made once the meet starts. Swimmers being substituted during scratch session must not exceed 3 individual and 2 relay events with the maximum number of 5 events ~~violate rule 3-A in relation to the maximum number of events entered.~~
 - (3) At the discretion of the meet referee, swimmers may be added to unscored heats during the scratch session.
 - (4) A swimmer may be scratched from an individual event in order to fill a vacated relay position (due to sickness or absence), but they may not be scratched to fill a vacated individual event.
- 6-C. Disqualifications
- (1) A disqualification can be made only by the official within whose jurisdiction the infraction has been committed. Any designated official that sees an infraction will sign the D.Q slip. The Referee must initial the D.Q slip indicating that he/she saw the infraction and/or discussed it with the Stroke & Turn Judge(s).

- (2) The Referee or designated official making a disqualification shall use the League's D.Q. slip (Appendix B) in triplicate. The meet Referee will give 1 copy to each swimmer's coach and 1 copy to the scoring table.
- (3) A swimmer must start and finish the race in his assigned lane.
- (4) Standing on the bottom during a race shall not disqualify a swimmer, but he must not leave the pool, walk or spring from the bottom.
- (5) Obstructing another swimmer by swimming across or otherwise interfering shall disqualify the offender, subject to the discretion of the Referee.
- (6) Any swimmer not entered in a race who enters the pool or course in the area in which said race is being conducted before all swimmers therein have completed the race shall be disqualified from his next scheduled competition in that day's session.
- (7) Dipping goggles in the water or splashing water on the competitor's face or body prior to his next event shall not be considered as entering the pool unless the Referee finds that such action is interfering with the competition.
- (8) Should a foul endanger the chance of success of a swimmer, the Referee may allow him to swim in the next round, or should the foul occur in the final he may order it re-swam. In case of collusion to foul another swimmer, the Referee may, at his discretion, disqualify the swimmer for whose aid the foul was committed, as well as the swimmer doing the fouling.
- (9) No swimmer is permitted to wear or use any device or substance to help his speed or buoyancy during a race. Goggles can be worn, and rubdown oil applied if not considered excessive by the Referee.
- (10) The time and/or place of any swimmer or relay team disqualified either during or following an event shall not be recorded in the results of that event. If awards have been made prior to the decision to disqualify they shall be returned and made to the proper recipient(s) and if points have been scored by those disqualified the event shall be recovered.
- (11) Holding onto the rope does not constitute disqualification. Pulling along on the rope will result in a disqualification.
- (12) A 6 & Under swimmer may have an aide in the pool to act as a safety assistant. The safety assistant must remain behind the swimmer, and any body contact will result in disqualification.
- (13) Any Tech swim suit must be FINA Approved
- (14) No Razors allowed on premises.
- (15) When designated officials are unsure of an infraction, the rule: "When in doubt, the swimmer is right" is followed.

6-D. Protests

- (1) Protests cannot be lodged regarding a judgment decision by a meet official. Protests only allowed for a rule infraction or improper meet procedures.
- (2) Protests must be lodged to the League Representatives involved by noon the next working day. Protest must include all facts pertaining to the point in question.
- (3) The protesting agency must notify (by phone/e-mail and in writing) the League Chairperson, appropriate Division Chairperson, and the other League Representative for the team involved on the next working day following the meet in question.
- (4) The "League Representatives" from the agencies involved must provide the Division Chairperson(s) with all documents and information necessary to determine the outcome of the protest.
- (5) The protest will be resolved by the appropriate Division Chairperson within 10 working days of the meet in question or before Championships, whichever comes first. The decision must be made in writing to all parties involved.
- (6) In the event that the Division Chairperson is representing an agency involved in the protest, the said protest will be directed to the League Chairperson.
- (7) The appropriate Chairperson shall call for a vote of "Agency Representatives" to determine protest outcome. Representatives of Agencies involved will not have a vote.
- (8) Championship meet protest procedures can be found in section 10.

6-E. Officials (***Check with the home team for specific responsibilities**)

Home Team

12 Timers with watches
2 Back-up Timers with watches
1 Starter
1 Computer Operator
1 Announcer
2 Stroke & Turn Judges
1 Meet Referee (agency/club Rep.)
1 Ribbon "Writer"
1 Recorder
1 Copy of Current League Rules
2 Runners

Visiting Team

12 Timers with watches
1 Back-up Timer with
2 Stroke & Turn Judges
1 Computer Operator
1 Ribbon "Writer"
1 Copy of Current League Rules

6-F. Starter

(1) Preparation

- a. Shall be equipped with electronic sound start and a whistle.
- b. Shall station himself within ten feet of starting end of pool at a point where electronic flash is clearly visible to timers.
- c. Upon signal from Referee, assumes full control of swimmers until a fair start has been achieved.
- d. Notifies swimmers of the distance, the event and the point at which a warning sound will be given, if applicable.
- e. Optional Instructions – Stroke(s) to be used and the order of swimming them. Number of pool lengths to be swam. Relay swimmers must leave the pool immediately after finishing leg. May advise heat when a swimmer is attempting a time at an intermediate distance.
- f. Starting rules may be modified by the Referee to adapt them for handicapped swimmers.
- g. On receiving clearance from Referee, (for all events except backstroke and medley relay) directs swimmers to step onto starting block or platform and to assume upright position at the front of the block with at least one foot at the front of the block before the command "Take your mark".
- h. Directs swimmers to "Take your mark", to which they must respond at once by assuming a starting position. The feet, hands and body can be placed in any desired position on the starting platform. Sufficient time should follow direction to enable swimmers to assume starting position, but no swimmer shall be in motion immediately before the starting signal is given.
- i. When all swimmers are motionless in starting position, gives starting signal.
- j. If, in his opinion, a false start has been committed, he shall give a signal to recall the swimmers. The false start shall be called on the individual and not on the field. Any swimmer charged with two false starts must be disqualified and shall not swim the event.

(2) Deliberate Delay or Misconduct

- a. Any swimmer, after stepping on the block or upon taking a starting position, who delays the start by entering the water or who willfully disobeys an order at the start, or for any other misconduct taking place at the start, can be disqualified from the event by the starter with the concurrence of the Referee. Such disqualification shall not be a false start.

(3) False Start

- a. A swimmer who unnecessarily delays in assuming and holding a completely motionless starting position after the command "Take your mark: shall be charged with a false start.
- b. All Swimmers leaving their marks before the starting signal is given shall be charged with a false start, except that the starter may, at his discretion, relieve a swimmer who has false started because of the action or movement of another competitor of the responsibility for the false start and charged it only to the offender. (Note exception for "Deliberate Delay or Misconduct".)
- c. When a swimmer false starts before the starting signal is given, the starter shall immediately release all other swimmers with the command "Stand Up". Any swimmer so released may stand up or step off the block. Any swimmer who enters the water (or backstroker who leaves the starting area) shall be charged with a false start, except that the starter may relieve a swimmer who would otherwise be charged with a false start if the starter believes that it was caused by the swimmer's reaction to the command.
- d. When the starting signal is given and one or more swimmers have obtained an unfair advantage, all swimmers shall be recalled at once by a second signal. The starter shall then indicate the swimmer(s), if any to be charged with a false start.
- e. In backstroke or medley relay, the starter may charge a false start to any swimmer who fails to maintain his feet and/or hands in a legal position after the first warning.
- f. A swimmer shall not be disqualified for an illegal starting position at the start if the starter has permitted the race to proceed without recall. It is responsibility of the starter, who may impose the appropriate penalty for violation before the race.
- g. A swimmer who fails to appear at the starting platform in time for the initial start shall not be permitted to enter the race should a false start be declared on the first, second, or later start; and shall be disqualified. Swimmers will be given 30 seconds to be on the blocks following the Starter's whistle call to the blocks. Swimmers not on the blocks after the 30 seconds will be disqualified. (Swimmers, who hold up the race by arriving late, but before the end of the 30 second count, will be charged with 1 false start.) The Starter will be responsible for keeping the 30 second count.
- h. Relay False starts will be the responsibility of the Starter and the additional Stroke and Turn Judges placed at the far end of the pool. During 100 yard relays, the Starter and an additional Stroke & Turn Judge will watch the block end of the pool and 2 more additional Stroke & Turn Judges will be stationed on either side of the pool at the far end to have the best view of the take-offs.

- k. If the starter deems a false start has been committed, the starter shall give a signal to recall the swimmers. The false start shall be called on the individual and not on the field. After a second false start the swimmer will be allowed to swim the race and the infraction will disqualify the swimmer at the end of the race.

6-G. Stroke and Turn Judges

- (1) Stroke & Turn Judges have jurisdiction over the competitors immediately after the race has begun.
- (2) Those volunteering for the job of Stroke & Turn or Starter must attend the League Clinic and complete the worksheet or participate in a training session with their League Representative which follows the League outline and includes the video, the written test and work poolside watching swimmers and learning how to use the D.Q slip. After completion of a training session/clinic, participant's name will be placed on a master list. This list will be marked by the meet referee, indicating that the person worked as an official. Stroke & Turn Judges and Starters must work a minimum of two (2) meets to be eligible to work as an official at Championships (the Roseville Invitational can be used as a qualifying meet).
- (3) It is strongly recommended that all new stroke and turn judges shadow an experienced judge for one or more meets prior to judging for the first time.
- (4) Depending upon pool specifics, judges shall operate on both sides of the pool, preferably standing at the ends of the pool walking abreast of the swimmers during all strokes except freestyle, during which events they may leave poolside, at the Referee's discretion. Shall ensure that the rules relating to the style of swimming designated for the event are being observed; shall report any violations to the Referee on signed slips detailing the event, the heat number, the lane number and the infraction.
- (5) Jurisdiction of Stroke and Turn Judges - Before the competition begins the Referee shall determine the respective areas of stroke and turn responsibility and jurisdiction, which may include joint, concurrent, and coordinated responsibility and jurisdiction. The Referee shall insure that all swimmers shall have fair and equitable, and uniform conditions of judging.
- (6) Infraction Signal - Upon observing an infraction within their jurisdiction, the Referee, stroke and turn, or relay take-off judge shall immediately raise one hand overhead with open palm. If the official does not do so, there shall be no penalty.

6-H. Timers

- (1) Timers system will be used in the Swimming Division of the Valley-Foothill Aquatic League. There will be three timers per lane; one of these will be the time recorder.

- (2) In any race the winning time shall be taken by three timers stationed at or close to the finish. These three timers are the official lane timers and their times must be recorded as the official time on the lane. Alternate timers may substitute for official lane timers only in the event of failure of a watch or its operator. If the time of two watches agree, that time shall be the official time. If the time of all three watches disagree, the time of the intermediate watch shall be the official time. If times from only two watches are available for any lane, the average of those watches shall be the official time. If an electronic watch system (such as the Dolphin) is being used, an average of either two or three electronic watches is acceptable. If two electronic watches are used, then the third timer will use a manual watch whose time shall be used only in the event that the electronic watches fail.
- (3) Each timer shall look at the Starter's strobe and start their watch at the instant of the flash, never by sound. Electronic watch systems start automatically with the Starter's strobe.
- (4) All watches shall be stopped immediately when any part of the swimmers body touches the solid end of the pool or course.
- (5) All lane timers shall promptly report their times to the recorder. Electronic watch systems relay times automatically. If only two electronic watches are being used, the third manual watch shall record their time on a master lane sheet for use in the event of an electronic watch failure.
- (6) There shall be at least two alternate timers who shall start their watch on every race with the strobe, and whose time shall be used only to substitute in the event of failure of an official lane timer's watch or its operator to catch a start.
- (7) The use of the *Colorado Timing System* by teams during their dual meets and during the League Championship meet will follow the following methods/standards:
 - a. The system consists of a main system console and push button indicators. A single line score board is also used. Use of in-water touch pads shall be optional at the discretion of the team during league dual meets and at the discretion of the League for Championship meets.
 - b. The starting sequence is automatically triggered by the *Colorado Start System* which is initiated by the Starter.
 - c. Final times are acquired by three (3) separate devices; the swimmer touching their touch pad, designated timers pressing the push-button "Stop" indicators and the manual stop watch.
 - d. The touch pad and the button times are electronically recorded through the *Colorado* timing console. If the pad time and the button times are within 0.3 seconds, the times are recorded, printed and posted as final times. No stop watch is necessary for verification. If however, the touch pad time and the button times differ by more than 0.3 seconds, then the stop watch time is used for comparison against the button and pad times. In some situations

the pad time is eliminated because of a time difference created when a swimmer does not hit the pad on their finish.

- e. At the Championship meet there are volunteer "Time Checkers" used to review all lane slips (stop watch times) and the printouts from the Colorado Timing System (touch pads & button times) to ensure the 0.3 second margin on every event. Once all of the times are verified, they are then loaded into the computer program for final results.

6-I. Watch Reading

- (1) If all manual watches on all lanes provide digital displays to a resolution of 0.01 seconds the times shall be recorded as displayed, to the hundredths of a second.
- (2) Official Time Determination – Following proper watch reading and recording as described above for each lane:
 - a. If the times of two of the three watches agree, that time shall be the official time.
 - b. If all three watches disagree, the time of the intermediate watch shall be the official time.
 - c. If, because of the failure of a watch or its operator, times from only two watches are available, the official time shall be the average of those two watches. When the watches are read to the hundredth of a second, any average resulting in thousandths of a second shall be rounded up to the next slowest hundredth of a second.
 - d. If the official time is registered in tenths of a second, a zero shall be added and the official time recorded in hundredths of a second (two decimal places) for all purposes. (Example: 56.4 is recorded 56.40)
 - e. If an electronic watch system (such as the Dolphin) is being used where the system automatically relays the average of the watches, an average of either two or three electronic watches is acceptable. If the electronic watches fail, then the time of the backup manual watch will be used.

6-J. Recorder

- (1) The Recorder on a lane will be one of the lane's timers who will be given a dual role of serving as Recorder.
- (2) The Recorder will compile the time and club affiliation of his respective lane after each event. Timer's report forms should include space for recording lane number, event, swimmer's name, team affiliation and time.
- (3) Upon completion of an event, the Recorder will give the completed form to the Runner, who will carry all forms for the respective race to the Scorer's Table.

6-K. Announcer

- (1) Before the start of each event, the Announcer shall announce the event number. At the start of each event he shall announce the lane, the name of each participant and the club affiliation. Promptly after the finish of each heat/event, he shall announce the results as given him by the Scorer. He shall make any other announcements as requested by the Referee or the Management.

6-L. Forms

- (1) League complaint form. (Appendix A)
- (2) Home team will provide all lane slips for both teams.
- (3) Disqualification Forms (Appendix B)
- (4) Programs. The home team shall provide the visiting team 15 copies of the meet program at no cost. The programs shall be given either to the visiting team computer operator or head coach. For Championships, the league shall provide 20 copies of the meet program to each team at no cost. The programs shall be given to the team's league representative. If a team wishes additional programs, the team must purchase them.

6-M. Equipment

- (1) Lanes shall be numbered with number one (1) starting from the right, while standing on the blocks.
- (2) It is recommended that flags for all races in which the backstroke is to be swam be triangular pennants of contrasting colors. It is further recommended that at least three (3) flags be suspended over each lane from the line fifteen (15) feet from each end of the course.
- (3) computer to operate league software.
 - 386 or better
 - Windows 2000, 300 mghz or better
 - 64 megabytes of RAM or better
 - Hard disk/CD ROM
 - 2 serial ports/2 parallel ports or 2USB ports/101 keyboard/color/
- (4) Software to run the meets.
 - Meet Manager – Hytek (only)
 - Team Manager – Hytek (only) version 4.0
- (5) E-mail access.

SECTION –7 EVENTS AND ORDER OF EVENTS

EVENTS

- | | |
|--|---|
| (1) 100 yard Individual Medley
9-10, 11-12, 13-14, 15-18
1 flight each (6 lane pool-2 flights) | (9) Breaststroke, 50 yards
11-12, 13-14, 15-18
2 flights each (6 lane pool - 3 flights) |
| (2) 100 Free Relay
6 & Under
1 flight each | |
| (3) 100 yard Medley Relay
6 & Under Coed, 7-8, 9-10
1 flight each | (10) Freestyle, 50 yards
7-8, 9-10
2 flights each (6 lane pool - 3 flights) |
| (4) 200 yard Medley Relay
11-12, 13-14, 15-18
1 flight each | (11) Freestyle, 100 yards
11-12, 13-14, 15-18
2 flights each (6 lane pool - 3 flights) |
| (5) Freestyle, 25 yards
6 & under, 7-8, 9-10
3 flights each (6 lane pool – 4 flights) | (12) Butterfly, 25 yards
7-8, 9-10
2 flights each |
| (6) Freestyle, 50 yards
11-12, 13-14, 15-18
3 flights each (6 lane pool – 4 flights) | (13) Butterfly, 50 yards
11-12, 13-14, 15-18
2 flights each |
| (7) Backstroke, 25 yards
6 & under, 7-8, 9-10
2 flights each (6 lane pool – 3 flights) | (14) 100 yard Freestyle Relay
7-8
2 flights each |
| (8) Backstroke, 50 yards
11-12, 13-14, 15-18
2 flights each (6 lane pool – 3 flights) | (15) 200 yard Freestyle Relay
9-10, 11-12, 13-14, 15-18
2 flights each |
| (9) Breaststroke, 25 yards
7-8, 9-10
2 flights each (6 lane pool – 3 flights) | |

Additional flights for 6 and under free and back are allowed at each meet. Additionally, each team may add up to 2 more flights in each meet. Requests for flights must be made to the home team Head Coach by 9:30 PM the Monday before the meet. If a team does not give notice to the opposing team, the flights will not be swum. It will be up to the Home meet representative to call the Visiting team’s representative.

ORDER OF EVENTS

1. Girls, 9-10, 100 yd Indiv.. Medley, flights A **B**
2. Boys, 9-10, 100 yd Indiv.. Medley, flights A **B**
3. Girls, 11-12, 100 yd Indiv.. Medley, flights A **B**
4. Boys, 11-12, 100 yd Indiv.. Medley, flights A **B**
5. Girls, 13-14, 100 yd Indiv.. Medley, flights A **B**
6. Boys, 13-14, 100 yd Indiv. Medley, flights A **B**
7. Girls, 15-18, 100 yd Indiv.. Medley, flights A **B**
8. Boys, 15-18, 100 yd Indiv. Medley, flights A **B**

9. Girls, 6/un., 100 yd Freestyle Relay, flights A & B
10. Boys, 6/un., 100 yd Freestyle Relay, flights A & B
11. Girls, 7-8, 100 yd Medley Relay, flight A
12. Boys, 7-8, 100 yd Medley Relay, flight A
13. Girls, 9-10, 100 yd Medley Relay, flight A
14. Boys, 9-10, 100 yd Medley Relay, flight A
15. Girls, 11-12, 200 yd Medley Relay, flight A
16. Boys, 11-12, 200 yd Medley Relay, flight A
17. Girls, 13-14, 200 yd Medley Relay, flight A
18. Boys, 13-14, 200 yd Medley Relay, flight A
19. Girls, 15-18, 200 yd Medley Relay, flight A
20. Boys, 15-18, 200 yd Medley Relay, flight A

21. Girls, 6/un., 25 yd Freestyle, flights A, B, C **D**
22. Boys, 6/un., 25 yd Freestyle, flights A, B, C **D**
23. Girls, 7-8, 25 yd Freestyle, flights A, B, C **D**
24. Boys, 7-8, 25 yd Freestyle, flights A, B, C **D**
25. Girls, 9-10, 25 yd Freestyle, flights A, B, C **D**
26. Boys, 9-10, 25 yd Freestyle, flights A, B, C **D**
27. Girls, 11-12, 50yd Freestyle, flights A, B, C **D**
28. Boys, 11-12, 50 yd Freestyle, flights A, B, C **D**
29. Girls, 13-14, 50yd Freestyle, flights A, B, C **D**
30. Boys, 13-14, 50 yd Freestyle, flights A, B, C **D**
31. Girls, 15-18, 50yd Freestyle, flights A, B, C **D**
32. Boys, 15-18, 50yd Freestyle, flights A, B, C **D**

33. Girls, 6/un., 25 yd Backstroke, flights A & B **C**
34. Boys, 6/un., 25 yd Backstroke, flights A & B **C**
35. Girls, 7-8, 25 yd Backstroke, flights A & B **C**
36. Boys, 7-8, 25 yd Backstroke, flights A & B **C**
37. Girls, 9-10, 25 yd Backstroke, flights A & B **C**
38. Boys, 9-10, 25 yd Backstroke, flights A & B **C**
39. Girls, 11-12, 50 yd Backstroke, flights A & B **C**
40. Boys, 11-12, 50 yd Backstroke, flights A & B **C**
41. Girls, 13-14, 50 yd Backstroke, flights A & B **C**
42. Boys, 13-14, 50 yd Backstroke, flights A & B **C**
43. Girls, 15-18, 50 yd Backstroke, flights A & B **C**
44. Boys, 15-18, 50 yd Backstroke, flights A & B **C**

45. Girls, 7-8, 25 yd Breaststroke, flights A & B **C**
46. Boys, 7-8, 25 yd Breaststroke, flights A & B **C**
47. Girls, 9-10, 25 yd Breaststroke, flights A & B **C**
48. Boys, 9-10, 25 yd Breaststroke, flights A & B **C**
49. Girls, 11-12, 50 yd Breaststroke, flights A & B **C**
50. Boys, 11-12, 50 yd Breaststroke, flights A & B **C**
51. Girls, 13-14, 50 yd Breaststroke, flights A & B **C**

52. Boys, 13-14, 50 yd Breaststroke, flights A & B **C**
53. Girls, 15-18, 50 yd Breaststroke, flights A & B **C**
54. Boys, 15-18, 50 yd Breaststroke, flights A & B **C**

55. Girls, 7-8, 50 yd Freestyle, flights A & B **C**
56. Boys, 7-8, 50 yd Freestyle, flights A & B **C**
57. Girls, 9-10, 50 yd Freestyle, flights A & B **C**
58. Boys, 9-10, 50 yd Freestyle, flights A & B **C**
59. Girls, 11-12, 100 yd Freestyle, flights A & B **C**
60. Boys, 11-12, 100 yd Freestyle, flights A & B **C**
61. Girls, 13-14, 100 yd Freestyle, flights A & B **C**
62. Boys, 13-14, 100 yd Freestyle, flights A & B **C**
63. Girls, 15-18, 100 yd Freestyle, flights A & B **C**
64. Boys, 15-18, 100 yd Freestyle, flights A & B **C**

65. Girls, 7-8, 25 yd Butterfly, flights A & B
66. Boys, 7-8, 25 yd Butterfly, flights A & B
67. Girls, 9-10, 25 yd Butterfly, flights A & B
68. Boys, 9-10, 25 yd Butterfly, flights A & B
69. Girls, 11-12, 50 yd Butterfly, flights A & B
70. Boys, 11-12, 50 yd Butterfly, flights A & B
71. Girls, 13-14, 50 yd Butterfly, flights A & B
72. Boys, 13-14, 50 yd Butterfly, flights A & B
73. Girls, 15-18, 50 yd Butterfly, flights A & B
74. Boys, 15-18, 50 yd Butterfly, flights A & B

75. Girls, 7-8, 100 yd Freestyle Relay, flights A & B
76. Boys, 7-8, 100 yd Freestyle Relay, flights A & B
77. Girls, 9-10, 200 yd Freestyle Relay, flights A & B
78. Boys, 9-10, 200 yd Freestyle Relay, flights A & B
79. Girls, 11-12, 200 yd Freestyle Relay, flights A & B
80. Boys, 11-12, 200 yd Freestyle Relay, flights A & B
81. Girls, 13-14, 200 yd Freestyle Relay, flights A & B
82. Boys, 13-14, 200 yd Freestyle Relay, flights A & B
83. Girls, 15-18, 200 yd Freestyle Relay, flights A & B
- 84.** Boys, 15-18, 200 yd Freestyle Relay, flights A & B

These are the official events for all League Dual Meets. The flights in **BOLD** letters are for 6 lane pools only.

7-B. BREASTSTROKE

- (1) Start – The forward start shall be used.
- (2) Stroke - From the beginning of the first arm stroke after the start and after each 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 final stroke before the turn, during the turn and 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 hip line, except during the first stroke after the start and each 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. Exception: after the start and after each turn, the swimmer may take one arm stroke completely back to the legs and one leg kick wholly submerged. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke.
- (3) Kick - After the start and each turn, a single downward butterfly kick followed by a breast-stroke kick is permitted while wholly submerged. Following which, all vertical and lateral movements of the legs shall be simultaneous. The feet must be turned outward during the propulsive part of the kick movement. A scissors, flutter or downward butterfly kick is not permitted. Breaking the surface with the feet shall not merit disqualification unless followed by a downward butterfly kick.
- (4) Turns - At each turn, the touch shall be made with both hands simultaneously at, above, or below the water surface. The head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during any part of the last complete or incomplete cycle preceding the touch. 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 (2) above must be attained from the beginning of the first arm stroke.
- (5) 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. The head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during any part of the last complete or incomplete stroke cycle preceding the touch.

7-C. BUTTERFLY

- (1) Start - The forward start shall be used.
- (2) Stroke - After the start and after each 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 each turn. (The use of pre-existing backstroke flag poles may be substituted as the 15 meter mark). By

that point, the head must have broken the surface. The swimmer must remain on the surface until the next turn or finish. From the beginning of the first arm pull, the body shall be kept on the breast. Both arms must be brought forward over the water and pulled back simultaneously.

- (3) 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 breaststroke kicking movement is not permitted.
- (4) Turns - At each 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, 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.
- (5) 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.

7-D. BACKSTROKE

- (1) Start
 - A. The swimmers shall line up facing the starting end, with both hands placed on the gutter or on the starting grips.
 - B. Prior to the command "take your mark" and until the feet leave the wall at the starting signal, standing in or on the gutter or curling the toes over the lip of the gutter is not permitted.
- (2) Stroke – Standing in or on the gutter or curling the toes over the lip of the gutter immediately after the start is not permitted. 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 during the turn and for a distance of not more than 15 meters (16.4 yards) after the start and each turn. (The use of pre-existing backstroke flag poles may be substituted as the 15 meter mark). By that point, the head must have broken the surface of the water.
- (3) Turns – 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 continuous single arm pull or a continuous simultaneous double arm pull may be used to execute the turn. Once the body has left the position on the back, any kick or arm pull must be part of the continuous turning action. The swimmer must have returned to a position on the back upon leaving the wall.
- (4) Finish – Upon the finish of the race, the swimmer must touch the wall while on the back. The body may be submerged at the touch.

7-E. FREESTYLE

- (1) Start - The forward start shall be used.
- (2) Stroke – In an event designated freestyle the swimmer may swim any style; except that in a medley relay or individual medley event, freestyle means any style other than butterfly, breaststroke or backstroke. 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 each turn. (The use of pre-existing backstroke flag poles may be substituted as the 15 meter mark). By that point the head must have broken the surface.
- (3) Turns - Upon completion of each length the swimmer must touch the wall.
- (4) Finish - The swimmer shall have finished the race when any part of his person touches the wall after completing the prescribed distance.

7-F. 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.

- (1) Start -The forward start shall be used.
- (2) Stroke - The stroke for each one fourth of the designated distance shall follow the prescribed rules for that stroke.
- (3) Turns
 - A. Intermediate turns within each stroke shall conform to the turn rules for that stroke.
 - B. The turns when changing from one stroke to another shall conform to the finish rules for the stroke just completed, and shall be as follows:
 1. Butterfly to backstroke – 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. 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 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 – 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. The head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during any part of the last complete or incomplete stroke cycle preceding the touch. Once a legal touch has been made, the swimmer may turn in any manner.
4. Finish – The swimmer shall have finished the race when any part of his/her person touches the wall after the prescribed distance.

7-G. RELAY RACES

- (1) Freestyle Relay – Four swimmers on each team, each to swim one fourth on the prescribed distance using any desired stroke(s). Freestyle finish rules apply.
- (2) Medley Relay – Four swimmers on each team, each to swim one fourth of the prescribed distance continuously in the following order: first backstroke; second, breaststroke; third, butterfly; and fourth, 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.
 - A. No swimmer shall swim more than one leg in any relay event.
 - B. When automatic relay take-off judging is used, each swimmer must touch the touchplate or pad in his/her lane at the end of the course to have finished his/her leg of the relay race.
 - C. In relay races, a swimmer other than the first swimmer shall not start until his/her teammate has concluded his/her leg.
 - D. Any relay team member and his/her relay team shall be disqualified from a race if a team member other than the swimmer designated to swim that leg shall jump into or enter the pool in the area where the race is being conducted before all swimmers of all teams have finished the race.
 - E. Each relay team member shall leave the water immediately upon finishing his/her leg, except the last member.
 - F. In relay races the team of a swimmer whose feet have lost touch with the starting platform (ground or deck) before his/her preceding teammate touches the wall shall be disqualified.
 - G. Each Coed 6 and under relay team must include at least one male and one female.

SECTION-8 SCORING AND AWARDS

8-A. Dual Meets Scoring - only the fastest Heat (last one) is scored

(1) Dual Meets will be scored up to the number of lanes available.

a. Six lane pools will score as follows:

Individual Scoring

1 st Place -	7 points
2 nd Place -	5 points
3 rd Place -	4 points
4 th Place -	3 points
5 th Place -	2 points
6 th Place -	1 point

Relay Scoring

1 st Place -	14 points
2 nd Place -	10 points
3 rd Place -	8 points
4 th Place -	6 points
5 th Place -	4 points
6 th Place -	2 points

b. Eight lane pools will score as follows:

Individual Scoring:

1 st Place -	9 points
2 nd Place -	7 points
3 rd Place -	6 points
4 th Place -	5 points
5 th Place -	4 points
6 th Place -	3 points
7 th Place -	2 points
8 th Place -	1 point

Relay Scoring:

1 st Place -	12 points
2 nd Place -	9 points
3 rd Place -	7 points
4 th Place -	5 points
5 th Place -	3 points
6 th Place -	1 points

8-B. Championship Meet – top 10 of all heats are scored

Individual Scoring:

1 st Place -	11 points
2 nd Place -	9 points
3 rd Place -	8 points
4 th Place -	7 points
5 th Place -	6 points
6 th Place -	5 points
7 th Place -	4 points
8 th Place -	3 points
9 th Place -	2 points
10 th Place -	1 point

Relay Scoring:

1 st Place -	21points
2 nd Place -	17 points
3 rd Place -	15 points
4 th Place -	13 points
5 th Place -	11 points
6 th Place -	9 points
7 th Place -	7 points
8 th Place -	5 points
9 th Place -	3 points
10 th Place -	1 points

8-C. Ties will be given split points and the place in the event following the tie will be skipped. Example: In a tie for first place in an individual event, each swimmer will be given six (6) points, (7 points for 1st place; 5 points for 2nd place). The point totals for the two places are divided and/or split and no points or ribbon will be given for Second place. Blue ribbons will then be awarded to both swimmers. Individual and relay events will be scored on the above basis. In dual meets only the top 3 teams from each team score.

8-D. The Championship meet will take place in one day. Events will be pre-seeded and will be swum as timed finals. Awards for Championships are: medals for 1st - 3rd place and rosette ribbons for 4th - 10th place. Championship ribbons will be given out to 11th – 20th place.

8-E. Relays will also be swum on Saturday. Place will be determined by the official times.

SECTION-9 CHAMPIONSHIPS

9-A. League Representatives will be responsible for one of the following positions:

(1) Meet Director - Positioned near the starter and timing/computer table. This person will check all D.Q. slips before handing them to the computer table. They are checking for completeness, accuracy and legibility. If the form is incomplete, including a lack of signatures, the Meet Director will get clarification or destroy the slip. The Meet Director will signal the starter that all officials are in position, that the course is clear and that the competition will begin. Only the Meet Director can stop the meet or recall a race/heat. The Meet Director will enforce all applicable rules and shall decide all questions relating to the actual conduct of the meet, the final settlement of which is not otherwise assigned by said rules.

(2) Referee - There will be five (5) on deck throughout the meet. They will be positioned at the four (4) quadrants of the competition area and next to the Meet Director. They will watch the lanes within their quadrant, confirming with Stroke & Turn Judges. They will approach Stroke & Turn judges in their area when they see the "Hand up" signal. They will check all D.Q. slips for event # and heat, distance, stroke, sex and age group of swimmer. They are also checking that the infraction(s) are checked and that all officials seeing the infraction(s) have signed the bottom of the slip. The Referee will need to clarify rules for the Stroke & Turn Judges. They may have to question the Judges as to what they actually saw and in what position they were standing to see it. The Referee will initial the confirmation of an official disqualification. A Referee can negate a D.Q. slip after getting information from the Stroke & Turn Judge, if:

- the Judge is not 100% certain of the infraction.
- the Judge was not positioned to see an infraction completely.
- the Judge did not signal with the hands up and the next event has started.
- the Referee saw the event and disagrees with the Judge.
- the Referee cannot back up what the Judge saw with an infraction listed in the VFCAL rules.

9-B. There will be a Facility Manager throughout the meet that will be responsible for all physical areas of the facility. This person will be responsible for the lifeguarding and maintenance staff. The Facility Manager will keep the Meet Director informed of all incidents/problems in the Team areas, restrooms, warm-up pool and snack bar area.

SECTION- 10 CHAMPIONSHIP MEET PROTESTS

10-A. Protests must follow the guidelines as listed in the VFCAL General Rules sections 9-A, 9-B, 9-C and 9-I as well as the following, more specific, guidelines.

- (1) Protests against the judgment decisions of officials can only be presented by a Head Coach to the Meet Director. The Meet Director's judgment will be final.
- (2) Protests must be presented in person to the Meet Director within 15 minutes of the event in question. The Meet Director will either make a decision on the spot or ask the Head Coach to fill out a Championship Meet Protest Form and return it within 30 minutes.
- (3) In the event that a written complaint is received, the Meet Director will research the protest and he/she deems it necessary to consult all other League Representatives to come up with a decision, the Director will stop the meet so that all League Representatives can meet in an area away from the competitors, spectators, coaches and other officials. The Meet Director only, can invite other persons to the meeting, as he/she deems necessary to resolve the problem.
- (4) A decision will be made within an hour and it will be final. No decision can be reversed once presented to the protesting Coach.
- (5) The official results of any protested event shall not be announced, the affected awards shall not be given and points scored shall not be allocated until the protest is resolved or is withdrawn in writing.