

Western Massachusetts YMCA District Swim League Rules

GENERAL

1. "Rules That Govern YMCA Competitive Sports", a publication of the National YMCA, shall govern all YMCA competition. Each YMCA should have a copy of this publication and be aware of its contents.
2. All dual meet and championship competition is outlined in the USA Swimming Rule Book. The following are exceptions and/or additions:
 - a. In dual meet competition an individual team member may compete in no more than four (4) events, one of which must be a relay. At the District Championship Meet, an individual swimmer may compete in three (3) individual events and two (2) relays.
 - b. Visual counters for the 500 freestyle are recommended.
 - c. In the event of a catastrophic starting system failure, the starter will resort to a voice or whistle start and the timing system must be turned off.
 - d. A 10 and under relay may be swam instead of an 8 and under and/or 9-10 year old relay in dual meets and at district championship meets. If an eight and under is used in a 10 and under relay, he/she does not have to swim the rest of the meet in the 9-10 age group.
 - e. In all age group events, if a swimmer moves up an age group to compete, he/she must swim all events in the same age group. This does not apply to exhibition or unofficial swims.

AGE GROUPS

1. All league-sponsored events will provide competition in the following age groups or classes unless otherwise noted:

*Class A – 15 to 18 years
Class B - 13 and 14 years
Class C - 11 and 12 years
Class D - 9 and 10 years
Class E - 8 and Under*

2. Competition in Class E will be official for league results. Disqualifications will be as strictly enforced as in all other age

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- groups.
3. Birth Date Clarification - A swimmer will compete in the age group as determined by his or her age as of December 1st of that competitive season.
 4. 15 to 18 year old swimmers may compete upon graduation from high school if they meet the age requirement. A swimmer who turns 19 before the December 1st, may compete in the League, provided that they are enrolled in high school, as a non-graduate. A high school graduate meeting the age requirement and attending a college or university with a competitive swimming program may not compete in the league.

COMPETITIONS

1. Dual Meets - A round of competition between member teams will be held, if recommended. Meet schedules are prepared by the League Coordinator and approved at an annual fall meeting of all member teams. The fall meeting will be held no later than the first Thursday of the month of October.
2. USA Competition - League swimmers may swim in USA competition as the schedule allows. In deed, the practice is encouraged. Individual associations and parents may register their own team members. USA competition offers greater opportunities and broader exposure to the individual swimmer.
3. The league will hold a District and Championship Meet on an annual basis. The sites and dates of this meet will be determined at the league annual meeting. This is a Championship Meet and the winner of the meet may acknowledge it in an appropriate form, as the winner of the District Championship, by use of: banner, apparel, posting on media, etc...
4. Other league events may be adopted for the winter schedule (age group mini-meets, relay meets, tri-meets, etc.) with the consent of member teams.

SCORING

1. *For Dual Meets* - Individual Events - 5, 3, 1 with no 1, 2, 3 sweeps - Relay Events – 8, 4, 2 - Ribbons will be awarded to the top three finishers in individual events and to all relay participants.
2. *For the District Championship Meet* - Individual Events - Top 12 are scored - 16, 13, 12, 11, 10, 9, 7, 5, 4, 3, 2, 1 - Relay Events -

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Top 12 are scored - 32, 26, 24, 22, 20, 18, 14, 10, 8, 6, 4, 2 -
Only the top finishing relay is scored by each team - Awards for
individual events - 1 to 6 Medals - 7 to 12 Ribbons - Awards for
relay events - 1 to 6 Medals - 7 to 12 - Ribbons - Relay awards
are given by the order of finish, not by the order of points
scored.

HOME TEAM DUAL MEET RESPONSIBILITIES

1. Start the meet on time.
2. Make every effort to complete the meet in less than 3 1/2 hours.
3. Provide as a minimum - announcer, referee, starter, stroke and turn judge and at least one timer per lane. Officials (stroke and turn, starter, referee) should be certified Level II YMCA Officials.
4. Provide at least one watch per lane with a back-up watch.
5. Provide a starting system.
6. The meet director should seek to combine events when possible, with consent and input from both coaching staffs. It is not recommended combining events out of age groups except 13 and over.
7. The home team should contact the visiting team by the Wednesday prior to the meet to confirm date, starting time and lane assignments. Meet entries should be emailed to the host team no later than the day before the meet.
8. The Home Team will email the Meet Manager Backup to the League Coordinator immediately following the conclusion of the meet.

Visiting Team Responsibilities

1. Arrive prior to posted warm-up time.
2. Provide meet entries to the host team no later than 1 hour before the meet.
3. Assign responsible adults to maintain discipline among team members during the meet and allow disqualification of swimmers for vandalism and misconduct by the Meet Director.
4. Provide at least one (1) score keeper, one (1) qualified timer per lane with a watch, one (1) qualified finish judge and one (1) Level Two Certified Stroke and Turn Official.

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PROTESTS and/or APPEALS

If an event or procedure is to be challenged, the protesting coach/organization must inform his counterpart before the official result is accepted. The protest must be reduced to writing and emailed to the League Coordinator no later than the Monday following the competition. The league coordinator will either:

1. Render a decision. OR
2. Invite opinions in writing from at least three disinterested parties separate from the situation.

MEET SAFETY CONSIDERATIONS

1. No diving will be conducted in water that is less than five (5) feet in depth.
2. It is required that all meets have a designated certified lifeguard on duty at the competition, including warm-up periods.
3. No diving will be conducted in warm-up periods unless directly supervised by a team coach.
4. It is required swimmers enter the water during warm-up at a designated end of the pool and always feet first.
5. It is the responsibility of all coaches, officials and Safety Marshalls to assist in keeping the meet environment safe for all competitors and spectators.

OTHER ITEMS

1. It will be the responsibility of all teams to have a current USA Rule Book at the meet site.
2. All league members are expected to exhibit the values of Caring, Honesty, Respect and Responsibility.
3. League members are expected to exhibit fair play and respect for the opposing team by fielding a team at all dual meet competition representative of their ability.

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