

Greater Peninsula Swimming Association



GPSA Rulebook

November 2025

Contents

Contents	1
1 DEFINITIONS	2
2 ELIGIBILITY AND ROSTERS	3
3 OFFICIALS	4
3.1 Roles and Responsibilities	4
3.1.1 GPSA Representative	4
3.1.2 Referee	4
3.1.3 Chief Judge (optional)	5
3.1.4 Starter	5
3.1.5 Stroke and Turn Judges	5
3.1.6 Sweep Judges	6
3.1.7 Timers	6
3.1.8 Scorekeepers	6
3.1.9 Coaches	7
3.1.10 Relay Take-Off Judges	7
3.1.11 Marshal(s) (Optional)	8
3.1.12 Timing Equipment Operator (Optional)	8
3.2 Certification	8
3.2.1 General Certification Requirements	8
3.2.2 Certification and Recertification Process	8
3.2.3 Role-Specific Requirements	9
4 ORDER OF EVENTS, AGE GROUPS, AND DISTANCES	9
5 CONDUCT OF INTERPOOL MEETS	10
5.1 Scheduling and Postponements	10
5.2 Venue and Code of Conduct	11
5.3 Team Responsibilities	11
5.4 Swimmer Participation and Entries	12
6 SCORING	12
7 AWARDS	13
7.1 Meet Awards	13
7.2 Division Awards	13
8 FACILITIES STANDARDS	13

1 DEFINITIONS

1. GPSA

1. Greater Peninsula Swimming Association.

2. BONA FIDE SWIMMER

1. The swimmer shall be a member in good standing of the GPSA pool to be represented. For swimmers on a team representing two or more pools, the swimmer need only be a member of one of the represented pools.
2. Satisfies the age requirements for participation.
3. Has a GPSA liability waiver signed by a legally appropriate representative of such swimmer.
4. A swimmer that is a member of a pool that has not sponsored a team for the season may swim for another team for a period of 1 year.

3. CHAMPIONSHIP MEET

1. Is a swim meet that is open to all qualifying swimmers from any GPSA TEAM.
2. Also referred to as CITY MEET.

4. LAST SPLASH INVITATIONAL MEET

1. Is a swim meet that is open to swimmers not qualified for the Championship Meet.
2. Also referred to as MINI MEET.

5. INTERPOOL MEET

1. Also known as a dual meet, shall mean a swim meet swum between two pools.

6. TEAM

1. Is a recognized member of the GPSA that has access to a pool capable of hosting swimming competitions.

7. DIVISION

1. A grouping of TEAMS who compete in GPSA-Scheduled swim meets in order to identify a DIVISION champion.
2. The GPSA operates three divisions, Red, White, and Blue.

2 ELIGIBILITY AND ROSTERS

1. Only a BONA FIDE SWIMMER listed on their TEAM's posted roster may compete in GPSA-scheduled meets.
2. Proof of a swimmer's eligibility must be provided by the TEAM's GPSA Representative upon request by the Rules Committee.
3. Each TEAM must maintain an up-to-date roster of swimmers, coaches, and certified officials. This roster serves as the official record of certification and must list each official's name and their specific, current certification(s) (e.g., Referee, Starter, S&T Judge).
4. TEAM rosters must be submitted no later than one week prior to the start of the GPSA season. Failure to comply will result in a \$25 fine payable to the GPSA.
5. No swimmer may appear on the roster of more than one TEAM simultaneously.
6. After the season begins, swimmers may only change TEAMS if they:
 1. Change permanent residence.
 2. Meet the eligibility requirements as a **BONA FIDE SWIMMER** for the new TEAM.
7. A swimmer's competition age is determined based on their age as of June 1st of the current season. Swimmers born on June 1st are considered to have reached the older age for competition purposes.
8. Roster revisions are allowed at any time during the season, provided they are:
 1. Submitted at least 24 hours prior to the start of a meet and is sent to the Rules Committee and the DIVISION email distribution list.
 2. Any swimmer removed from the roster after the roster deadline cannot be reinstated for the remainder of the season.
9. GPSA Representatives may challenge the eligibility of any swimmer by submitting a written request to the Rules Committee. The Rules Committee shall render all decisions promptly in writing to the President of the GPSA and to the GPSA Representative(s) involved. An appeal of an eligibility decision may be made by the GPSA Representative involved to the Rules Committee Chairman within seven (7) days of the date of the decision letter. The Rules Committee shall render the final decision on all questions concerning eligibility.
10. A swimmer determined to be ineligible shall not be allowed to further represent their TEAM. If a swimmer's ineligibility is extended to previous meets during the current season, those meets shall be rescored to reflect the removal of the swimmer. Division standings and swimmer awards shall also be changed accordingly.

3 OFFICIALS

3.1 Roles and Responsibilities

3.1.1 GPSA Representative

3.1.2 Referee

1. Shall have full authority over all officials on deck, shall assign and instruct them in order to provide fair and adequate coverage of the pool, enforce all rules and shall assure a fair and friendly meet under the rules of GPSA. He/she can overrule any meet official on a judgment decision. He/she has responsibility to address any question raised by either GPSA Representative or their duly appointed alternate with regard to the conduct of the meet. On a point of rule modification the referee shall defer to the judgment of both GPSA Representatives.
2. May disqualify swimmers for any violations of the rules that he/she personally observes.
3. Shall signal the Starter before each race that all officials are in position, that the course is clear, and that the competition can begin.
4. He/she shall assign marshals as needed with specific instructions.
5. He/she may assign a Chief Judge to aid in the following areas:
 1. Discuss DQs with Stroke & Turn Judges and provide a recommendation of accepting or rejecting
 2. Aid in the recording of the order of finish
 3. more to go here
6. Shall give a decision on any point where the opinions of the judges differ; and shall have authority to intercede in competition at any stage, to ensure that the appropriate racing conditions are observed.
7. Shall independently record the order of finish of all non-exhibition swimmers.
8. Shall confirm the order of finish for each scoring heat which the Sweep Judges differ. If the order of finish was observed by the referee and it confirms one of the Sweep Judges, that order of finish shall be documented on the Place Judge Form. If the Referee is unable to confirm one of the Sweep Judges' order of finish, the result shall be a tie between the differing swimmers.
9. Shall control any abusive language or actions used by any swimmer or spectator that is generally made aware to the attendees of the meet. The offender shall be warned by the referee to desist. On continuing, the referee shall request the home-team GPSA Representative, with assistance from the home pool manager, to have the offender ejected.
10. Shall resolve any protest arising from the competition itself immediately. Only GPSA Representatives, or their duly appointed representatives, or coaches can raise an official protest to the referee.

11. 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 ensure that all swimmers shall have fair, equitable, and uniform conditions of judging.
12. Shall wear a predominantly white shirt and dark shorts/pants/skirt. Their attire should not identify any team affiliation.

3.1.3 Chief Judge (optional)

1. Shall be positioned on deck so they can see the stroke and turn officials.
2. When an infraction is signaled by a stroke and turn judge, typically by a raised hand, the chief judge will approach the official and gather the necessary information via a series of questions.
3. This process culminates in a recommendation to the deck referee as to whether the call is recommended for acceptance or if further discussion is required.
4. Shall act as mentor to the stroke and turn officials, observing, instructing, and correcting their protocol (the procedures governing movement and positioning on deck) and answering all questions regarding the rules.
5. Shall wear a predominantly white shirt and dark shorts/pants/skirt. Their attire should not identify any team affiliation.

3.1.4 Starter

1. The Starter shall stand on the side of the pool within approximately five meters of the starting end of the pool and, upon signal from the Referee, shall assume control of the swimmers until a fair start has been achieved.
2. The Starter may:
 - 1) Announce the event.
 - 2) For backstroke starts, give the command, "Place your feet."
 - 3) Use a "stand" command in accordance with USA Swimming Rules 101.1.2 D, 101.1.3 A, and 101.1.3 D.
3. Shall wear a predominantly white shirt and dark shorts/pants/skirt. Their attire should not identify any team affiliation.

3.1.5 Stroke and Turn Judges

1. Shall ensure that the rules relating to the style of swimming designated for the event are being observed; and shall report any violations to the Referee on signed slips detailing the event, the heat number, the lane number and the infraction.

2. Shall ensure that after the start and when turning or finishing, the swimmer complies with the rules applicable to the stroke used; and shall report any violations to the Referee on signed slips detailing the event, the heat number, lane number and infraction observed.
3. Shall wear a predominantly white shirt and dark shorts/pants/skirt. Their attire should not identify any team affiliation.

3.1.6 Sweep Judges

1. Two sweep judges (one from each TEAM) shall be positioned on the side of the course near the finish and shall judge the order of finish of all non-exhibition swimmers. They shall independently record the order of finish of all non-exhibition swimmers. A sweep judge shall record a tie if a place distinction cannot be made.
2. If both sweep judges' independent record of the order of finish agree, the order of finish shall be entered onto the Place Judge Form to be delivered to the scorekeeper.
3. The sweep judges shall notify the Referee in the event that their independent recorded orders of finish do not match.

3.1.7 Timers

1. Head Timer — Assure the assignment of Lane Timers to lanes. On the starting signal, start a watch(es) on every race. The time of this watch shall be used if a Lane Timer's watch fails.
2. Lane Timer — Officials assigned as Lane Timers may simultaneously operate two dissimilar devices (one watch and one button) but not two similar devices (two watches or two buttons). It is not within the Lane Timer's jurisdiction to judge if the swimmer's touch conforms to the applicable finish rules or if a relay take-off infraction has occurred. Each timer shall:
 - 1) Be in position at the start to have an unobstructed view and shall start the watch at the instant of observing the visual starting signal. If the visual starting signal is not observed, the watch shall be started upon hearing the starting signal.
 - 2) Stand directly over the assigned lane at the finish to observe a touch above, at, or below the surface of the water and stop the watch and/or push the semi-automatic system button when any part of the swimmer's body touches the wall.
 - 3) Report the watch time to the Head Lane Timer or the designated recorder, report if a late or missed pad touch is observed; and, if requested, present the watch for inspection. Lane Timers shall not clear their watches until a command to "clear watches" is given or the Referee signals that the next heat is ready to start.

3.1.8 Scorekeepers

1. Sit at the scorekeepers' table and record on Meet Maestro the finish times of each swimmer, order of finish, disqualifications (as noted by signed DQ slips), and maintain a running record of the score.

- 1) If two timers are used, the times must be averaged. If three timers are used, the middle time must be used.
- 2) The order of finish must be entered for each scoring heat and match the Place Judge Form.
2. In the event of any questions regarding place, time, or disqualification for an event, or order of relays, he/she shall immediately notify the referee and wait for resolution.
3. Only the Referee, GPSA Representatives, Scorekeepers, and Timing Equipment Operator (if using a digital timing system) shall have access to Meet Maestro after the meet has begun.
4. After the meet has begun, the scorekeeper shall accept changes only in accordance with XXX.
5. All Lane Slips (if used), Place Judge Forms, Sweep Judge sheets, Meet Referee Sheet and the white copy of Disqualification Slips shall be retained and turned over to the home GPSA Representative at the end of the meet. The yellow copy of Disqualification Slips shall be given to the appropriate team's coach at the end of the meet.

3.1.9 Coaches

1. Shall stay in the area designated for his/her team and help to ensure that swim team members do not crowd the course or disrupt the officiating.
2. Are responsible for declaring all entries in SwimTopia, ensuring that all exhibition entries are flagged as such, and notifying the opposing team's Coach and/or GPSA Representative that your entries are ready to be merged no later than 12 noon before the scheduled start of the meet.
3. Are responsible for keeping the next two heats of swimmers behind the blocks or in designated areas.
4. Are responsible for seeing that each swimmer behind the blocks and waiting to swim has, if used, a properly completed lane slip; i.e., event name and number, lane assignment, first and last name (same as listed on the roster sheet) of swimmer and order of swimmers in relays.
5. May make substitutions any time except in the three events following that event in the water, in accordance with rules IX.C, XIII.C and XV.F.4.
6. Are responsible for the conduct of their respective team.
7. Will not interfere with the officiating of the meet.

3.1.10 Relay Take-Off Judges

1. Relay take-off judges shall be assigned by the Referee (one from each TEAM) and shall stand so that they can clearly see both the feet of the departing swimmer(s) as they leave the starting platform and the touch of the incoming swimmer(s), and shall judge whether the swimmer is in contact with the platform when the incoming swimmer touches the end of the pool. The judges shall independently report infractions in writing without the use of the infraction hand signal. A relay will be disqualified only if the same infraction has been confirmed by both judges.

3.1.11 Marshal(s) (Optional)

1. Shall wear identifying attire and enforce warm-up procedures and maintain order in the swimming venue. The Marshal shall have full authority to warn or order to cease and desist, and, with the concurrence of the Referee, to remove, or have removed from the swimming venue anyone behaving in an unsafe manner or using profane or abusive language, or whose actions are disrupting the orderly conduct of the meet.

3.1.12 Timing Equipment Operator (Optional)

1. The Timing Equipment Operator shall be responsible for the automatic or semi-automatic timing equipment, including the electronic starting system and scoreboard (if used), and shall advise the Referee or GPSA Representative of any system problems that might affect the accuracy of times. The timing equipment should be placed so that the operator is able to observe the finish of each race.

3.2 Certification

3.2.1 General Certification Requirements

1. The following officials are required to hold a current GPSA certification:
 1. Referee
 2. Starter
 3. Stroke & Turn Judge
2. All certifications must be renewed annually to remain valid for the current season.
3. A lack of certified officials shall not be grounds for the forfeiture of a meet. Uncertified individuals may volunteer to fill positions at the discretion of the GPSA Representative.

3.2.2 Certification and Recertification Process

An individual may obtain or renew their certification through one of the following methods:

1. **USA Swimming Certification:** Hold a current USA Swimming official certification (e.g., Stroke and Turn).
2. **GPSA Training Clinic:** Attend the annual GPSA Officials' Training Clinic held before the start of the season.
3. **USA Swimming Online Course:** Complete the official USA Swimming online course for the desired position (Stroke & Turn, Referee, Starter), which includes training material and an integrated test. Proof of completion (e.g., a certificate) is sufficient for certification.

- **Note:** A fee is required by USA Swimming to access and complete this online course.

3.2.3 Role-Specific Requirements

1. **Starter:** In addition to the general certification requirements, Starters must be familiar with whistle start procedures as defined by USA Swimming, either through attendance at the GPSA clinic or by watching the specific USA Swimming video for Starters.

4 ORDER OF EVENTS, AGE GROUPS, AND DISTANCES

BOYS	EVENT	GIRLS
0	Mixed 8&U 100M Free Relay	0
1	9-10 100M IM	2
3	11-12 100M IM	4
5	13-14 100M IM	6
7	15-18 100M IM	8
9	6&U 25M Free	10
11	7-8 25M Free	12
13	9-10 50M Free	14
15	11-12 50M Free	16
17	13-14 50M Free	18
19	15-18 50M Free	20
21	8&U 25M Breast	22
23	9-10 50M Breast	24
25	11-12 50M Breast	26
27	13-14 50M Breast	28
29	15-18 50M Breast	30
31	6&U 25M Back	32
33	7-8 25M Back	34
35	9-10 50M Back	36
37	11-12 50M Back	38
39	13-14 50M Back	40
41	15-18 50M Back	42
43	8&U 25M Butterfly	44
45	9-10 50M Butterfly	46
47	11-12 50M Butterfly	48
49	13-14 50M Butterfly	50
51	15-18 50M Butterfly	52
	5 Minute Break	
53	Open 200M Medley Relay	54
55	Open 200M Free Relay	56

1. General Rules for swimming strokes shall be those contained in Articles 101.2-101.7 of the USA Swimming Rules and Regulations in effect for the current year for all ages.
2. There shall be a five (5) minute break before event 53 to allow the officials to prepare for the relays.
3. Relay teams for event 0 will be composed (at best-effort) of two (2) boys and two (2) girls.
4. Relay teams for events 53 - 56 will be composed of four (4) swimmers, one (1) each for age groups 10 and under, 11 - 12, 13 - 14, and 15 - 18.
5. Exhibition lanes should be used, if available. A minimum of 5 exhibition heats per team must be allowed. For more than 5 heats, both GPSA Representatives must concur.

5 CONDUCT OF INTERPOOL MEETS

5.1 Scheduling and Postponements

1. **Start Time:** League scheduled meets are to be held as scheduled and will start at 6:00 pm.
2. **Warm-up Times:** Both teams shall be given the same amount of time for warm-ups prior to the meet. The home team shall warm-up first, followed by the visiting team.
3. **Meet Delays:** In the event of inclement weather or minor facility issues that arise before or during a meet, every effort should be made to run the meet as planned. The Referee and both GPSA Representatives shall confer and may temporarily delay the start or suspend the meet (e.g., in 30-minute increments) to await safe, competitive conditions.
4. **Postponement:** A meet that cannot be safely started or continued may be postponed.
 1. **Weather/Facility Postponement:** If conditions are clearly unsafe or the facility is unusable, the home team must notify the visiting team's GPSA Representative and the GPSA Publicity Committee as soon as possible.
 2. **Mutual Agreement:** A meet may be postponed at any time with the unanimous agreement of both teams' GPSA Representatives.
5. **Rescheduling Process:**
 1. Upon postponement, the GPSA Representatives' first priority is to agree on a date to hold the meet as soon as reasonably possible (e.g., the next day).
 2. If an immediate alternative date cannot be mutually agreed upon, the meet shall be held on the next available official league rain date.
 3. A final, rescheduled date **must** be confirmed by both Representatives within 24 hours of the initial postponement.
6. **Defining a Completed Meet:**

1. A meet that is stopped and cannot be resumed is considered **complete** if all events through event 30 (15-18 50M Breast) have been swum.
2. If a meet is stopped before the completion of event 30, it is considered a **suspended meet** and must be rescheduled and completed at a later date.
3. Notwithstanding the above, the two GPSA Representatives may mutually agree that a meet is complete at any point after it has begun.

7. Failure to Reschedule:

1. The collaborative rescheduling of a suspended meet is a primary responsibility of both GPSA Representatives, who are expected to begin discussions on the night of the postponement.
2. If the Representatives fail to agree on a reschedule date within the 24-hour period required by rule 5.3, the meet shall be declared a **loss for both teams**.

5.2 Venue and Code of Conduct

1. Neither smoking nor the consumption of alcoholic beverages will be allowed in the pool area during swim meets. The exact boundaries of this area will be determined by the Referee and both GPSA representatives.
2. Profanity, vulgarity, or disruptive behavior will not be allowed.
3. The use of any audio or visual recording devices, including cell phones, is strictly prohibited in changing areas, rest rooms, locker rooms, or behind the starting blocks.

5.3 Team Responsibilities

1. Each team shall furnish the following officials and equipment:

Home Team	Visitors
One referee	One timer per assigned lane
One starter	Two S&T judges
Two S&T judges	One sweep judge
One timer per assigned lane	One scorekeeper
One Head timer	Ribbon writer
One sweep judge	One stopwatch per assigned lane
One scorekeeper	One stand-by starting horn / whistle
Ribbon writer	
Two runners	
One stopwatch per assigned lane	
One additional stopwatch	

Home Team	Visitors
One starting horn / whistle	
Certified Lifeguard	
Marshal (optional)	
Table for scorekeepers	
Chairs for sweep judges	
Laptop/Tablet for Meet Maestro	

**stopwatches are recommended as backup even if using a timing system*

**it is recommended for the visiting team to also bring a laptop/tablet for their scorekeeper to use Meet Maestro*

5.4 Swimmer Participation and Entries

1. A swimmer is allowed to participate in no more than three (3) individual events and one (1) relay event (not including exhibition).
 1. Event 0 (Mixed 8&U 100M Free Relay) does not count against a swimmer's event limits.
 2. For a team with fewer than 64 swimmers on its official roster, swimmers in an age/gender group with three (3) or fewer swimmers may compete in up to four (4) individual events.
 3. If a swimmer is found to have exceeded these limits, they shall be disqualified from all events in which they were entered, and scores shall be adjusted.
2. Each team is allowed a maximum of two (2) entrants in any individual event and one (1) relay team in any relay event to be eligible for scoring. All other entrants from a team must be marked as exhibition.
3. Starts shall be conducted in accordance with Article 101.1 of the current year's USA Swimming Rulebook.

6 SCORING

1. For all individual events, five (5) points shall be awarded for first place, three (3) points for second place, and one (1) point for third place.
2. The winning relay team shall be awarded seven (7) points, the losing team none.
 1. With exception for Event 0, this is a non-scored event.
3. In case of ties, points for the tying and next position(s) will be added and divided equally between the tying swimmers.
4. When an individual or relay is disqualified, the following places will move up accordingly and points awarded to them.

7 AWARDS

7.1 Meet Awards

1. The home pool shall award first (blue), second (red), and third (white) place ribbons for all individual events, and first place ribbons (blue) to all participants on winning relay teams.
2. The design of these ribbons will be at the discretion of the home pool.
3. Such awards shall be given to the Coaches or GPSA Representatives after the meet or mailed to the GPSA Representative the following day.
4. Additional ribbons for 4th place or participation may be awarded at the discretion of the home pool.
5. Any awards referencing disqualifications shall be given directly to the respective coach along with the disqualification slip and shall not be included with the regular meet awards.

7.2 Division Awards

1. Trophies shall be awarded to the teams finishing 1st, 2nd, and 3rd in each division.
2. If two teams have identical records, then the winner of their dual meet shall get the top standing. If the tie cannot be resolved by head-to-head records, then the winner shall be determined by adding up total points scored by each team in dual meets against the other tied teams. For example, if teams A, B, and C each have identical records, add points scored for team A in meets against teams B and team C for team A's total. Similarly, add points for teams B and C. The team with the highest point total is the winner. The intent of adding points involving tied teams only is to discourage teams from running up point totals against weaker teams in case of a potential tie.
3. A banner will be awarded to the winning team in each division and the team winning the Championship Meet. The banners will be presented at the Championship Meet to the respective coaches. Teams winning the banners will bring them to the GPSA Board Meeting following the Championship Meet and turn them in for embroidering. The banners will be returned to the respective teams at the following meeting. All banners will be turned in to GPSA at least one week before the Championship Meet so that they are available for presentation at the meet. Lost or damaged banners will be replaced by the team having possession. Banners will be replaced and old banners retired by GPSA every 10 years.

8 FACILITIES STANDARDS

1. The pool shall be 25 meters in length. If not, an appropriate correction factor shall be applied to times swum in the non-conforming pool.
 1. 25 yard pools shall use a conversion factor of 1.09.
 2. Colony pool shall use a conversion factor of 1.07.

2. All pools must have lane markings on the bottom, targets on the end walls in the center of each lane, lane ropes and backstroke flags in accordance with current USA Swimming Rules.
3. Backstroke flags shall be 5 meters or 5 yards (+/- 1 foot) from the end of the pool. Failure to have appropriately located backstroke flags will result in the home team forfeiting all Backstroke, Individual Medley, and Medley Relay events.