

**SANTA CLARITA SWIM LEAGUE**  
**RULES & REGULATIONS (RETYPE 4/15/2015)**

1. Official team practice can begin three (3) weeks prior to the League Opening date.
2. All swimmers are limited to two (2) individual events in dual, intra-squad and championship meets. In addition to these events swimmers may swim in one (1) medley relay and one (1) freestyle relay. Each club may enter as many swimmers as desired in dual, intra-squad and championship meets. To qualify for an individual event for the Championship Meet the swimmer **MUST** have participated **AND** have a **QUALIFYING** time for the corresponding event at a dual meet or intra-squad meet during that season (disqualification in an event does not count as a qualifying time).
3. Events per meet: Freestyle, Backstroke, Breaststroke, Butterfly, Individual Medley, Freestyle Relay and Medley Relay. Current USS Swim Team Rules applies to stroke definition.
4. Swimmer's age as of June 1<sup>st</sup> determines age group participation. All swimmers must compete in their own age group in individual events. For relays, swimmers may move up ONE age group only. All swimmer's **MUST** have times listed for all events within their age group-NT (no time) entries are **NOT** to be submitted. If the coaches enter a NT for a swimmer, that swimmer will be dropped from meet entry by the programmers and not allowed to swim. (3/12/10)

5. **Distance for meets**

<u>Age Group</u>	<u>Individual Events</u>	<u>Relay (Freestyle and Medley)</u>
6 & Under	25 yards*	100 yards
7-8	25 yards	100 yards
9-10	25 yards	100 yards
11-12/13-14/15-16	50 yards**	200 yards****
Exceptions	50 yards***	200 yards ***

\* 6 & Under freestyle and backstroke ONLY

\*\* Butterfly-25 yards / IM-100 yards

\*\*\* IM-100 yards

\*\*\*\* Medley Relay-100 yards

6. **Annual Stroke and Turn Meeting**

- A. Scheduled to meet the Wednesday before the first dual or intra-squad meet. Coaches, Team Managers, League Representatives, Stroke and Turn Judges and Starters from each team are requested to attend.
- B. Warm-ups for Championships will be announced according to rotation and volunteer assignments will be distributed.
- C. Review of stroke and turn guidelines, bylaws, and League rules and regulations will be discussed.

7. **Officiating:** Each club will furnish the following adult volunteers and supplies:

<u>HOST CLUB</u>	<u>&amp;</u>	<u>VISITING CLUB</u>
• 1 timer per lane with watch and clipboard		
• 2 Stroke and Turn Judges for relays and 1 Judge for individual events		
• 1 Program Manager		
• 1 Runner		
• 2 Heat Seaters		
• 1 Scorer		
• 1 Ribbon Preparer		
• 1 Starter and whistle		
• 2 Place Judges		1 Place Judge
• Meet Director		
• Announcer		
• Head Timer		
• Headsets for Stroke and Turn Judges		

NOTE: Intra-squad meets **MUST** include a minimum of 2 Timers per lane, 2 Stroke and Turn Judges at all times. Place Judges are optional. All other necessary positions to run an efficient meet.

8. League fees shall be paid by each team. The balance is due to the League Treasurer by 9:00pm on the Thursday prior to the first meet. Final rosters are also due at this time. Final rosters should be sorted by sex and age group. Information should include: swimmer number, name, address, birth date, age, sex, all coaches' names and contact information MUST be entered onto the final roster form and turned into the League Secretary as noted within this section.
9. Score sheets shall be kept by each swim club. One copy will be retained by the Host club and one by the Visiting club. For all dual and intra-squad meets, except the last meet before the championship meet, the Host club will deliver one (1) additional copy to each coach by NOON the following Monday. For the final dual or intra-squad meet the Host club will deliver one(1) copy to each coach by the end of the Saturday of the final dual/intra-squad meet.

## 10. Meet Rules

- A. The Meet Director will be responsible for assuring that all league rules are followed. All disputes will be decided between the Meet Director and each team League Representative or his/her alternate. The Meet Director is responsible for handling any swim meet violations.
- B. The Program Manager will manage entry changes before the meet and oversee computer operations throughout the meet. No additions or changes will be accepted by the Program Manager after 8:00am (except relay changes). Medley and Freestyle relays can be changed up to the time the relay is put into the seating area. Any swimmers entered into incorrect events or left off the meet entries by accident will be allowed to swim but cannot earn points or receive ribbons for the event in question. Corrected or late entries will swim in the slowest heat. Each meet will be set up in the computer as a "dual meet".
- C. Dual meets and intra-squad meets will start at 8:30am.
- D. Heats are organized slowest to fastest. The slowest heat is heat #1. Combining of events will be allowed only upon agreement of competing teams.
- E. Stroke and Turn Judges will have knowledge of correct stroke, kick and turn criteria. Stroke and Turn Judges are the only individuals who may disqualify a swimmer and will notify timers and coaches (when possible) of any disqualification. During individual events one Stroke and Turn Judge from each team will be allowed on deck for judging. During relays two (2) Stroke and Turn Judges will be allowed on deck for judging. Any disqualification MUST be agreed upon by both judges except for two hand touches on the finish.
- F. Timers will record both times on the lane sheet. Entry cards will be used for relay only. All times to be recorded to the second decimal point when possible. ALL DISQUALIFICATION TIMES MUST BE RECORDED AND SHOULD LIST THE REASON FOR THE DISQUALIFICATION. Timers will stop the clock when any part of the swimmer's body touches the wall (applies to all strokes).
- G. Scoring
- |                          |                       |   |
|--------------------------|-----------------------|---|
| <u>Individual Events</u> | 1 <sup>st</sup> Place | 6 points                                |
|                          | 2 <sup>nd</sup> Place | 4 points                                |
|                          | 3 <sup>rd</sup> Place | 3 points                                |
| <u>Relay Events</u>      | 1 <sup>st</sup> Place | 6 points (no other places score points) |
- H. Starters will commence all races in a timely manner and will disqualify late arrivals for events. The Starter is the only individual who can call a "false start" and shall disqualify a swimmer for two (2) false starts. The Starter or Head Timer will act as a Place Judge on tight race finishes.
- I. Awards
- Individual Events: Heat ribbons will be awarded for the first three (3) places of each HEAT, however, the top six (6) EVENT placers will be awarded bigger event ribbons in lieu of place ribbons.
- Relay Events: Only first place point ribbons will be awarded.
- Awards will be based on the average times of the watches unless over-ruled by the place judges.
- J. Relays
- Relay Guidelines in preferred order:
1. 4 Sex/Age specific swimmers.
  2. Age-up same sex. Note: age-up same sex will not be allowed for "A" relay spots unless the official

league submitted roster indicates 4 or less of those sex specific swimmers are on the team.  
(4/15/2015)

3. Double leg allowed (on exhibition relays). Note: "A" relays are allowed to swim double leg ONLY if the official league submitted roster shows 4 or less sex/age specific swimmers on the team.  
(4/15/2015)
4. Mixed relays. Allowing mixed relays is at the sole discretion of the League Representatives or their assigned representatives (if LR is not present at the meet). Mixed relays if allowed will be exhibition only and non-scoring, non- awarded.

If and only if a team cannot field one (1) sex/age specific relay consisting of 4 swimmers would you go to steps 2 then 3 (4 is the last resort and must be approved by the LR's).

All subsequent relays (B<C<D-etc) within an age group that cannot meet requirement #1 are exhibition only and non-scoring. (This intent is to give each team at least one (1) age group relay which is the fairest way to avoid manipulation for point advantage.)

Exhibition relays will be allowed to participate in the Championship Meet provided they have a qualified time swum in a dual meet. They will be non-scoring.

Special relay circumstances may arise at or during a meet that may not be clearly called out in the league rules. Decisions regarding those circumstances will be the sole responsibility of the League Representatives.

Championship relay additions/day of meet changes (due to illness or no-shows) must be brought to the Scorers and League Representatives attention PRIOR to the meet beginning and a decision will be made on allowing or denying those changes. It is the sole responsibility of each team's check-in staff to notify the head coaches immediately of any no-shows once check-in is closed. (changes referenced above 3/10/11)

5. Only same sex can be aged up. Majority determines sex-even teams race with boys. Two (2) of the same age group AND same sex ARE NECESSARY to form a relay team. Ex-2 boys and 2 girls constitute a boy's relay. Three boys and 1 girl is a boy's relay. Three girls and one boy is a girl's relay.

A swimmer may only swim on one (1) relay team per event. (3/12/10)

Every effort MUST be made to qualify a relay in each age group prior to Championships. Any infraction of the above rules will result in disqualification for that relay.

#### K. Warm-ups

The home team will warm-up first. Warm-up times are established as 7:30-7:50am for the home team and 7:50-8:10am for the visiting team. Each team must be assured 20 minutes of warm-up.

### 11. Stroke and Turn Disqualifications

Disqualifications (DQ) will be made only by Stroke and Turn (S&T) Judges or hired official. The S&T or hired official will notify lane timers of the DQ. The lane timer will indicate DQ on the entry slip on the place line. A brief notation of the infraction is mandatory. Times will be noted on the entry slip even though the swimmer was DQ'd. Disqualifications will be made for the following infractions:

Walking on the bottom of the pool.

Using the side of the pool or lane line to assist (pulling) in swimming. Second false start (determined by starter).

Lane changes that causes interference to other swimmers. Pushing or otherwise physically assisting the start of a swimmer. Exiting the pool anywhere but the end of the pool.

NOTE: 6 and under DQ's are discouraged except for walking on the bottom of the pool, using the side of the pool or lane line to assist (pulling) in swimming, pushing or otherwise physically assisting the start of a swimmer and any swimmer who swims with a coach in the water.

Freestyle-not touching the side with at least one hand or foot on the turn.

Backstroke-turning over onto the stomach at any time during the stroke or turn (except as permitted by current USS Swim Rules). Not touching the side with at least one hand on the turn or finish.

Breaststroke-performing one or more complete stroke other than breaststroke. Using a kick other than frog or whip kick. Not using both hands simultaneously in the turn and finish.

Butterfly-performing one or more complete stroke other than the butterfly. Using a kick other than the dolphin kick with the feet maintained in the same place. Not touching both hands on the wall simultaneously in the turn and finish.

Relays-swimmer leaving the wall before the wall is touched by the previous swimmer. Not touching the side with at least one hand or foot on the turn. Swimmer not exiting the pool before the next swimmer completes 25 yards. Pushing or otherwise physically assisting the start of a swimmer.

Individual Medley-Within each one of those portion of the race the swimmer must follow the rules for that stroke. NOTE: before switching from one stroke to another, the swimmer must touch the wall in the same way they would as if it was the end of the race for that stroke they are using as they approach the wall. IM races often feature lead changes as different swimmers are better at one style than others and they might fall behind or move ahead depending upon what stroke they are swimming.

THE ABOVE DQ CRITERIA WILL APPLY AT ALL MEETS AND WILL BE REVIEWED IN A MEETING BETWEEN COACHES AND S&T JUDGES PRIOR TO EACH SEASON (#6) AND PRIOR TO EACH DUAL, INTRA-SQUAD OR CHAMPIONSHIP MEET.

## 12. Championship Meet

- A. Swimmers must compete in at least one (1) league dual or intra-squad meet this season to be eligible for the Championship Meet. To qualify for an individual event the swimmer must have participated and have a qualifying time for the corresponding event for that season. DQ's do not count as a qualifying time. Seeding times or the meet must be from the current SANTA CLARITA SWIM LEAGUE season. A swimmer who competes in at least one dual or intra-squad meet but does not have a qualifying time may participate in a relay provided the relay has a qualifying time. All relays entered for championships MUST have qualifying times (Ex. A team may not enter a "C" relay if no "C" relay had been entered during the current season).
- B. The meet will begin at 8:00am. Warm-ups will allow for the Host team at the Host pool.
- C. Dual meet rules apply to the Championship Meet except for the following revisions: The Program Manager will hold two (2) meetings the week of the meet on consecutive nights. The first night entries will be submitted and programs will be printed for review. The first meeting will be considered the deadline for entries. The second meeting will be for correcting heats and times for possible scratches. Medley and Freestyle relays can be changed up to the time the relay event is put into the seating area. Any swimmer entered into incorrect events or left off the meet entry by accident will be allowed to swim but cannot earn points or receive ribbons or trophies for the event in question. Corrected and late entries will swim in the slowest heat. Stroke and Turn (if no USS official is hired) Judges must have officiated at one or more dual or intra-squad meets during the current season. Only one judge from each team will be allowed on the deck for the purpose of judging, except during Medley and Freestyle Relays when more judges will be allowed. Timers-There will be three (3) timers per lane, three times will be written on each entry slip, the middle time will be used. Scorers-each team will provide one (1) scorer.
- D. Scoring-Individual Events
- |                       |          |               |                       |          |
|-----------------------|----------|---------------|-----------------------|----------|
| 1 <sup>st</sup> Place | 6 points | <u>Relays</u> | 1 <sup>st</sup> Place | 6 points |
| 2 <sup>nd</sup>       | 4 points |               | 2 <sup>nd</sup>       | 4 points |
| 3 <sup>rd</sup>       | 3 points |               | 3 <sup>rd</sup>       | 3 points |
| 4 <sup>th</sup>       | 2 points |               |                       |          |
| 5 <sup>th</sup>       | 1 point  |               |                       |          |
- E. Awards-medals will be awarded for the first six (6) places for individual events and the first three (3) places for relay events. High Point Individual trophies will be awarded to the High Point Scorer in each boy and girl age group at the Championships Meet. The Championship Award (Perpetual Trophy) will be awarded to the team with the highest point total.
- F. All disputes are to be handled by League Representatives in addition to their verifying the final score.
- G. The Coaches' relay will be comprised of coaches listed on the roster submitted to the League Secretary.
- H. The Parents' relay will be comprised of parents of swimmers. Each team may only enter one relay team per sex (1 each male and female relay team).

- I. There will be a total of three (3) 5 minute breaks for the official. (1/20/11)
- J. The head timer (after the race has begun) will position his/her self at lane three until the race has ended in order to assist the calling of close races. Note: the head timer will only make the call if directed by the hired official. (1/20/11)
- K. Only event participating swimmers, timers, heat-seed personnel and coaches will be allowed behind the start area of all races. (1/20/11)

### 13. Swimmer Conduct

- A. Any swimmer with ink, marker, paint, etc on his/her body other than event numbers written on the hand will not be allowed to swim. Any swimmer that writes on another swimmer will not be allowed to swim.
- B. Any swimmer who does not give an honest effort by showing off during a race will cause a 10-point deduction for their team. This could include potentially each swimmer on a relay team.
- C. Swimmers may not display logos of their local club teams on their caps or suits. High school team caps are acceptable.
- D. Primary team colors are: OOI-red/blue OOII-black/teal Hills-bright blue Summit-green

### 14. Swim Suits: Swim suits worn by participants of the Santa Clarita Swim League shall be limited to the following requirements:

- A. Only one swimsuit shall be permitted in competition. A swimmer with special needs may request waiver of ruling from the League Representatives.
- B. The swimsuit shall be:
  - 1. Constructed of a woven/knit textile material.
  - 2. Permeable (100 percent to air and water).
  - 3. Made so as not to aid in buoyancy and shall not be altered to aid in buoyancy.
  - 4. Made with no zippers or fastening system other than a waistline tie for a brief or jammer and elastic material within the casing/ribbing in the terminal ends (straps, leg openings and waist openings).
  - 5. Constructed so that the style/shape of the suit for males shall no extend above the waist or below the kneecap and for females shall not extend above or beyond the shoulders or to the knees.
  - 6. NO KNEESHINS-SPEED SUITS-TECHNICALSUITS: i.e Speedo FS series, Aquablade, TYR Tracer series, Arena Powerskin series, etc. (final determination of the suit validity will be the sole responsibility of the team assigned League Representatives by a majority vote).
- C. Rule Violation Penalty
  - 1. Violation of the swim suit rule (above number 14) will result in the following action:  
If the infraction is noted prior to a race start the swimmer must change into a "legal swimsuit" as determined by the ruling above. Note-the race will NOT be delayed/reseeded to allow the swimmer the opportunity to make the suit change. If the swimmer does not have a legal swimsuit available then the swimmer will not be able to participate in the meet. If the infraction is noted during or after a race has begun the swimmer will be automatically disqualified and if the swimmer is a participant in a relay then that entire relay is disqualified. (1/20/11)

### Approval of the Rules and Regulations of the SANTA CLARITA SWIM LEAGUE

TEAM	REPRESENTATIVE	SIGNATURE
OOI	Laura Good	_____
OOII	Bryant McAnnally	_____
Hills	Christopher Collins	_____
Summit	Mary Waage	_____

Date: \_\_\_\_\_