SWIM MEET RULES AND REGULATIONS

Section 1
General Rules

1. Each swimmer may swim in no more than three events per meet plus a relay. All swimmers may swim all meets.

2. The meet will consist of Gold, Silver and Bronze heats for all events, combined if necessary.

3. Swimmers will be designated as Gold, Silver or Bronze in each event they enter according to his/her fastest time in the stroke. There is no limit to the number of swimmers a team may have in Gold, Silver or Bronze individual events.

4. Each club may enter unlimited relays in each age group category.

5. Relays for 11 and over events may be mixed but must have at least two girls (that is, boys-girls may be 2-2,1-3,0-4). Relays for 10 and under events can have any mix of gender (including all boys and girls). Relays may be swum in any boy/girl order.

6. A swimmer may swim in only one freestyle relay or one medley relay if offered in a dual meet.

7. Swimmers must swim in their age group for individual events. However, a 7/8-year-old or a 6 and under may swim an event as a 7/8-year-old or 9/10-year-old if that particular event is not offered to the 6 and under or 7/8-year-old. Younger swimmers may swim in a relay in an older age group if the younger swimmers are needed to form a relay in the older age group. This cannot be done if: (1) eligible swimmers (any swimmer participating in the meet) exist in the older age group or (2) the younger swimmer is replacing a swimmer that has already been moved to an older age group. Swimmers may not swim more that two age groups higher than their age group. Only two relays per age group may contain younger swimmers and at least one swimmer in the relay containing the younger swimmers must be from the age group. The referee and the opponent's coach must know of these changes before the event is swum, or the relay will be disqualified. *(rev. 3/2015)*

8. Freestyle and backstroke will be the only individual events offered in the 6 years of age and under category. A 6 and under may swim as a 7/8-year-old in any stroke not offered in the 6 and under category. All swim rules apply to these events.

9. Teams shall exchange individual and relay entries at least 24 hours prior to the start time of the meet, unless the teams mutually agree to a different exchange time.

   9.1. Changes to individual event entries may occur if both teams mutually agree to the change. Such changes shall be provided to the Clerk of Course and the Referee.
   9.2. Changes to relay participants, as well as addition of one relay per age group, will be permitted for any reason any time prior to the event being called to the Clerk of Course
      9.2.1. Each club is responsible for filling out the timer's cards for relay events.
      9.2.2. Relay timer's cards are due to the Clerk of Course when the event is called. These cards are to be numbered from fast to slow to allow the Clerk of Course to put lane and heat assignments on them.
   9.3. All heats will be swum fastest to slowest.

   (rev 3/2015)

10. Grievances regarding the conduct of a dual meet should be reported to the meet referee by the team coaches or parent representatives. Parent and swimmers are not to report grievances to the working table or other officials. Protests regarding any matters pertaining to a dual meet must be submitted to the meet referee during the meet of within 24 hours of the conclusion of the meet. Protest regarding any referee decision must be submitted in writing to the league President within 48 hours of the conclusion of the meet. After this time, all protests regarding the meet will be considered null and void. The Technical Review Committee will review protest within 72 hours of receipt by the league President.

    10.1.   The Technical Review Committee (TRC) shall be composed of a parent representative from each team in the league. Members shall be elected to the TRC during the annual meeting of the Board of Directors in February. The President of the league will chair the TRC as a non-voting member. A quorum shall consist of a least 50% of the members being present. Decisions made by the TRC shall be reported within 48 hours in writing to all parties involved and a record of the decisions made by the TRC will be forwarded to the league secretary.

    10.2.   The TRC shall be available to interpret CAL rules upon the request of the league President.

11. Any rule infraction will lead to disqualification of the swimmer for that event.

12. Ribbons will be given for the first 6 places in Gold, Silver and Bronze individual events. Ribbons will be awarded to the first eight (8) places for all relay events. *(rev.3/2017)*

13. Dual meet scoring will be:
   - Gold Individual Events   9-7-6-5-4-3
   - Silver Individual Events   8-6-5-4-3-2
   - Bronze Individual Events   7-5-4-3-2-1
   - Relay Events   18-14-12-10-8-6-4-2

    13.2.   No team can score more than 4 places per age group during a relay event. *(3/2017)*

14. Winners for meets will be determined by who scores the most points with; gold, silver and bronze being accumulated together. *(rev 3/2016)*

    14.1.   Dual Meet Divisional Season Champion for most points scored: Each meet will produce a winner or a tie for most points scored as described in 13. Each win counts one point; ties count one-half point. Divisional winners will be decided by total points accumulated during the intra-divisional meets. At the end of the season, if two teams are tied, the team winning the regular season meet will be declared the Regular Season Champion for most points scored. If two teams tie and did not swim each other or if three or more teams are tied, the team that scores the most points at the Championship meet will be declared the Regular Season Champion for most points scored. *(rev 3/2008)*

    14.2.   Traveling trophies will be awarded at the Championship Meet to the First Place Dual Meet Season Champion of each division, first place championships most improved team, first place for each division in the Championship meet. A non-traveling banner will be awarded for the first-place dual meet season champion of each division, first place championship meet winner for each division and most improved at championships. *(rev 3/2016)*

15. The host club is responsible for compiling and distributing the meet results. Immediately upon completion of the meet, a paper copy of the meet results must be given to the coaches and an electronic copy of the meet backup file to the designated visiting team representative. Additionally, the home team shall post the meet backup file and meet results file on the league website by 7:00pm on the night following a dual meet. In addition, within 48 hours of the conclusion of the meet, the host club will contact the Richmond Times Dispatch (contact information to be provided to team at the beginning of the season) and provide the following information: *(rev 3/2014)*

   - Name of League
   - Names and scores of participating teams
   - Names of quadruple and triple winners

16. Meet Program- see Appendix A.

17. Individual event entries will be pre-seeded by the host team. Relay event entry may be pre-seeded at the discretion of the host team, otherwise lane assignments will be scheduled by the Clerk of Course. The Clerk of Course may combine any heats necessary to shorten the meet length. *(rev. 2013)*

18. Time Standards- Standards will be established prior to each odd year according to the following methods:

    18.1. Best times for all swimmers in each individual event competed will be calculated for the previous three years and expressed as the actual yard or yard-equivalent meter time.

    18.2. The yard standard for each event will be determined as follows:

    18.2.1. GOLD- Add the total number of best times and determine the swimmer whose time ranking makes them the cutoff for the top 12.0% of the swimmers. The swimmers become the Gold Standard.

    18.2.2. SILVER- Add the total number of best times and determine the swimmer whose time ranking makes them the cutoff for the top 35.0% of the swimmers. The swimmers time becomes the Silver Standard.

    18.3. The meter standard for each individual event will be calculated by multiplying the numeric expression of the yard time (determined in 18.2) by 1.11 and expression the resultant number as a time. *(rev. 3/2017)*

    18.4. <u>Eligible Times</u>- For the purpose of entry times and to determine classification, all swimmers are required to use the fastest time they have achieved for each event ("Best Time") since May 31st of the current year.

    18.4.1. For year around swimmers, best times achieved in USA/YMCA short course meets, may be used if achieved prior to the current season, and only as the initial swim for the current year.

    18.4.2. Once a Gold or Silver time is made in the any CAL meet, the swimmer will be considered Gold or Silver in the event until the end of the current season, unless the qualifying times are revised to a faster time than the swimmer attained in any stroke.

    18.4.3. All attempts must be made to enter a documented time. If on the rare occasion a swimmer does not have a certified time, an NT (No Time) may be used for seeding. The swimmer's finishing time will need to be reentered as the seeding time seeding time upon completion of the event only if the swimmer achieves a gold or silver time in the event. The event will be re-scored.

    18.5. Relay Entry Times. The entry time for relays may be either:

    A. The relay team's best time achieved during the season, or

    B. The relay team's calculated time, based upon the best times of the relay participants in their individual events. If relay's participants are modified

in accordance with Rule 9.2, the relay's entry time does not need to be recalculated or altered prior to scoring the event.

19. In case of inclement weather, the host club's rules will prevail when determining when a meet should be delayed and is safe to resume a meet. The host team parent representative will consult with the visiting teams parent representatives and determine when it is necessary to call off or postpone to a future date. Such determination shall be by agreement of the participating teams. Once it is decided to call off or postpone the meet, reasonable efforts should be made to complete the meet on the next available date. Meets can only be called off by agreement of the participating teams. If the meet is postponed, the meet will be swum on the next mutually agreed upon day prior to the next regularly scheduled meet for either club. If the teams are unable to agree on any issues related to this rule, the matter will be brought before the TRC for final decision.

   19.1.   Individual Entries- As an exception to Rule 9.1, when a meet is postponed to a subsequent day, teams will be allowed to enter athletes that were not in the initial meet. The names of such additional athletes and their entries shall be exchanged prior to the resumption of the meet. Changes to individual entries for athletes that were originally entered in the meet may only be changed pursuant to Rule 9.1.
   19.2.   Relay Entries- Pursuant to Rule 9.2, relays may be changed, for any reason, prior to the event being called to Clerk of Course.
   19.3.   All completed events will be scored. If an event is not completed, the times achieved will count but the event will not be scored
      19.3.1. If any event is not completed, upon the meet resuming the meet will begin with the heat which was not complete.

20. The referee is required to sign each disqualification card prior to the card being delivered to the tables at all CAL meets. Disqualification cards received at the table without the referee's signature will be take immediately by the table worker to the referee for his/her action. The disqualification card will not be included in the event's scoring without the referee's signature, will be rescored without the disqualification.

21. Sweep judge placements will not be used. The starter, head timer and head table worker are encouraged to collaborate and take the steps listed in Appendix B.

22. Images from any type of video recording equipment will not be accepted by the referee as evidence to dispute or support the disqualification of a swimmer or a relay team.

23. No alcohol or smoking inside the pool's "fenced-in area" is permitted during swim meets. Parents are reminded that they are attending a youth sporting event and we ask that they act as responsible role models.

24. No one, other than the swimmers, shall be in the pool during the meet. This includes small children. No one should be in the diving well or shallow section of the host pool during the meet.

25. A lifeguard (other that the coaches) shall be on duty at all meets.

Section 2
Differ from USA-S Rules

1. Swimmers will be allowed one false start per event. Upon commission of the second false start, the swimmer will be disqualified. If a heat finishes uninterrupted, no false start can be charged.
2. The starting blocks and water depth used for diving starts shall follow USA-S Rules as listed in the 2003 Rulebook
   a. Staring Blocks- The front edge of the starting platform shall be no less that 1'18" nor more then 2'6" above the surface of the water.
   b. Racing Starts- Minimum water depth for racing starts during practice and competition shall be measured from a distance of 3'3.6" to 16'5" from the end of the wall. In pools with water depth less than 4' at the starting end, the swimmer must start from the deck or from within the water. In pools with water depth 4' or more at the starting edge, starting platforms shall meet the height requirements in part A. *(rev. 3/2014)*
3. Backstroke: After passing the flags, the swimmer may turn past vertical to the breast. Optional single or simultaneous double arm pull is permitted. Before or after the completion of the optional arm pull, kicking and gliding is permitted. *(rev 3/2017)*

Appendix A

E1- Mixed 8 and Under 100 R   E21-Girls 15-18 50 Free   E41- Girls 13-14 50 Fly
E2- Boys 10 U 100 IM   E22- Boys 6U 25 Back   E42- Boys 15-18 50 Fly
E3- Girls 10 U 100 IM   E23- Girls 6U 25 Back   E43-Girls 15-18 50 Fly
E4- Boys 11-12 100 IM   E24- Boys 7-8 25 Back   E44- Boys 8 U 25 Breast
E5- Girls 11-12 100 IM   E25- Girls 7-8 25 Back   E45- Girls 8 U 25 Breast
E6- Boys 13-14 100 IM   E26- Boys 10 U 50 Back   E46- Boys 10 U 50 Breast
E7- Girls 13-14 100 IM   E27- Girls 10 U 50 Back   E47- Girls 10 U 50 Breast
E8- Boys 15-18 100 IM   E28- Boys 11-12 50 Back   E48- Boys 11-12 50 Breast
E9- Girls 15-18 100 IM   E29- Girls 11-12 50 Back   E49- Girls 11-12 50 Breast
E10- Boys 6 U 25 Free   E30- Boys 13-14 50 Back   E50- Boys 13-14 50 Breast
E11- Girls 6 U 25 Free   E31- Girls 13-14 50 Back   E51- Girls 13-14 50 Breast
E12- Boys 7-8 25 Free   E32- Boys 15-18 50 Back   E52- Boys 15-18 50 Breast
E13- Girls 7-8 25 Free   E33- Girls 15-18 50 Back   E53- Girls 15-18 50 Breast
E14- Boys 10 U 50 Free   E34- Boys 8 U 25 Fly   E54- Mixed 10 U 200 Relay
E15- Girls 10 U 50 Free   E35- Girls 8 U 25 Fly   E55- Mixed 11-12 200 Relay
E16- Boys 11-12 50 Free   E36- Boys 10 U 50 Fly   E56- Mixed 13-14 200 Relay
E17- Girls 11-12 50 Free   E37- Girls 10 U 50 Fly   E57- Mixed 15-18 200 Relay
E18- Boys 13-14 50 Free   E38- Boys 11-12 50 Fly
E19- Girls 13-14 50 Free   E39- Girls 11-12 50 Fly   *Free Relays- Week 1,3,5*
E 20-Boys 15-18 50 Free   E40- Boys 13-14 50 Fly   *Medley Relays- Week 2,4,6*

Appendix B
These steps, which serve to report accurate times, are applicable to electronically and manually timed swim meets.

1. Assign balanced representation from each competing team on each swim lane.
2. Assign timers to the fast lanes as follows: two from the home team and one from the visiting team on lane 3 and two from the visiting team and one from the home team on lane 4.
3. Rotate timers at frequent intervals e.g. switch timers between the frequently populated lanes and the infrequently populated lanes every 30 minutes and bring in a fresh set of timers every 90 minutes.
4. Check to ensure all timers are ready before the starting of each race.
5. Frequently remind the timers of the value of the accuracy of their times.
6. Require timers to write the full time for each time on the swimmer's cards, with each timer's reporting time being consistently recorded in the same place on the card.
7. Scan each lanes to identify lanes where there is a time that is consistently 0.3 or more seconds different from the next closest time and attempt to identify the timer whose time is different from the others so that the timer or watch can be replaced.