

1971

Bob Yates

RULES FOR NORTH JERSEY REGIONAL
LAKE LEAGUE

All members of the NJRLL are subject to the following rules and regulations:

Qualifications for swimmers:

1. Swimmers will compete in the following age divisions:
 - a. 8 & under
 - b. 9 & 10
 - c. 11 & 12
 - d. 13 & 14
 - e. 15 & 18 *
- 2a. Age division of each individual swimmer is determined by the age of the swimmer on or before June 1, of that year.
- 2b. A list of the swimmers and their ages must be submitted to _____ which has been designated League Headquarters. New additions to the list may be made, however in order for a swimmer to be eligible his name must be submitted to _____ 48 hours before the meet.
- 2c. A complete score sheet must be submitted to LEAGUE HEADQUARTERS after every meet between the participating teams no later than noon Sunday.
- 2d. Swimmers may advance to a higher age division at the discretion of the coach. However, a swimmer may not move to a lower age division.
- 2e. Swimmers may compete only 4 times in one meet plus the Individual Medley (Ex. ID is not included as one of the 4 times)
- 2f. Age groups will swim the following distances:
 1. 8 & under - 25 units
 2. 9 & 10 - 25 units
 3. 11 & 12 - 50 units
 4. 13 & 14 - 50 units
 5. 15 & 18 - 50 units

*Note 18 year olds must be High School Students as of June 1

2g. All relays will consist of 100 units to be swum by 4 members of a team, each member swimming 25 units.

2h. All starting and finishing areas must be clear-- only swimmers are to be allowed -- absolutely no coaches are to interfere with the starter, timers, judges.

Freestyle relays must consist of one 10 & under, one 11 & 12, one 13 & 14, one 15 & 18.

Medley relays must be run in this stroke order: backstroke breast, butterfly, freestyle.

MEET PROCEDURE

The Meet will proceed in the following standardized manner:

- A. Girls Individual Medley Open
Boys Individual Medley Open
- B. Girls Medley Relay
Boys Medley Relay
- C. Freestyle
 - 1. Girls 8 & under
 - 2. Boys 8 & under
 - 3. Girls 9 & 10
 - 4. Boys 9 & 10
 - 5. Girls 11 & 12
 - 6. Boys 11 & 12
 - 7. Girls 13 & 14
 - 8. Boys 13 & 14
 - 9. Girls 15 & 18
 - 10. Boys 15 & 18
- D. Breaststroke
 - 1. Girls 8 & under, etc. same procedure as freestyle
- E. Backstroke
 - 1. Girls 8 & under, etc. same procedure as freestyle
- F. Butterfly
 - 1. Girls 8 & under, etc. same procedure as freestyle
- G. Step Up Freestyle Relay
 - 1. Girls
 - 2. Boys
- H. League meets will be held Wednesday Evening @ 6:00P.M. and Saturday Morning at 9:30 A.M.

SCORING

Points will be awarded as follows :

1st place	5 pts. *
2nd place	3 pts
3rd place	1 pt.

Relays:	1st place	7 pts.
	2nd place	0 pts

1. If there are no competitors from either team for an event, no points will be awarded to either team for that event.
2. If for an event, only one team has entrant(s) the event will still be run, but it must be swum.

JUDGES

1. The host pool must provide 2 timers, a starter, and a turn judge when applicable
 - a. The starter should be equipped with a starting pistol (22 calibre if possible) and a whistle in the event of the pistol malfunctioning.
2. The visiting team should provide 2 timers and a finish judge.
3. Thus there will be 4 lane timers, a starter (who will also judge stroke) and a finish judge. There will be a turn judge when applicable.
4. All judging is to be done by sight, times DO NOT enter into judging.
5. No judge may enter into a dispute over a decision made by another official covering another area. Each official is responsible for his own area. In close decisions the FINISH JUDGE'S RULING IS OFFICIAL.
- 6.*If in the opinion of the FINISH JUDGE, a dead heat has occurred, first and second place points will be added together and divided by 2, each swimmer being awarded $\frac{1}{2}$ of the combined points. In this way 2nd place is eliminated-- there will be 2 first places and 1 third place. The same procedure will be followed for second and third place

VIOLETIONS AND DISQUALIFICATIONS

Any violation of the above rules not mentioned below will face a penalty determined by the league through a general vote.

1. The violation of age eligibility will result in disqualification of that swimmer in the meet in which it occurred. Any points which were awarded to a team through the swimmer will be subtracted from the team's total. This will occur at any time-- before, during or after the violation is reported.
2. A swimmer who commits 2 false starts is disqualified and his lane will remain open for that race.
3. A swimmer must be perfectly still at the start of a race. any leaning or movement before the gun will result in a false start for that swimmer. Heels must be down. (Leaning is permitted in the relays, as long as the swimmer's body does not completely leave the starting block before the preceding swimmer on his team has touched the block.

BREASTROKE *

1. One full stroke may be taken under water at the start (i.e. one kick, one pull). After this initial stroke the swimmers head must be above water level at all times. The kick to be used may be a frog kick or a whip kick. Any gross violation of the kick will result in the disqualification of the swimmer. (kick may not break water). The touch at the end of the race must be the simultaneous parallel touching of the swimmers two hands on the block above or below the water. Any violation of the above will result in the immediate disqualification of the swimmer.

2. BUTTERFLY *

1. The kick to be used in the butterfly is the DOLPHIN kick. The touch at the end of the race must be the simultaneous parallel touching of the swimmers two hands on the block above or below water. Any violation of the above will result in the immediate disqualification of the swimmer.

* both breaststroke and butterfly must have simultaneous arm movement

BACKSTROKE*

Swimmer must be on back at all times.

Contact or interference with another swimmer will result in disqualification.

If a swimmer should swim out of his lane and does not interfere with another swimmer he will not be disqualified. However he must finish in his original lane.

League finals will be held at the end of the Racing Season with the host team to be rotated yearly. Each team will enter 2 swimmers in each trial event. From these trial events finalists will be chosen and a final event in each category will be swum.

In order to qualify as a contestant in the finals a swimmer must have competed in 3 league races.

League registration is ~~\$50.00~~^{75.00} per team per year- to be submitted on July 5th along with the initial team roster (listed alphabetically by age with summer address) to league headquarters.

Admission to the league is to be done by general vote of the league members and the majority rules.

Any changes, additions or eliminations of the League Rules must be done by a general vote of the members, each team having one vote.

Adopted April 1971.

NJRL

Adopted August 4, 1972

1. Rescheduling of meets -

in event of rain, etc., the meet should be swum on the following Thursday or Monday. Otherwise the two teams should agree on a mutually acceptable date

a) if possible a meet should be changed to visiting teams facility if home team facility is unavailable.

b) if neither facility is available a third facility should be used.

2. Any swimmer physically abusing an official will be banned from the league for the season.