



DIABLO COMMUNITY SWIM LEAGUE RULES OF COMPETITION

SECTION 1: GENERAL SWIM MEET RULES

The purpose of the rules set forth below is to establish competition in a fair manner for all competitors. No rules or events shall be changed between the regular May meeting and the last meeting of a swim season.

Outside of the May–August timeframe, the Board of Directors may review the General League Rules and Rules of Competition, and consider their revision or amendment. The General League Rules and Rules of Competition may be amended or revised at a duly called meeting of the Board of Directors by a two-thirds vote of all Members on the Board. The proposed motion must be presented in writing at least ten days prior to the meeting. Votes shall be made by Members present at the meeting or by Absentee vote, delivered to the President of the Board in advance.

1. Eligibility of swimmers

- a. Eligible swimmers must be a member of a DCSL Member swim team. Each team must submit a roster count to the Board of Directors each spring in conjunction with insurance policy renewal. Roster additions may be submitted to the DCSL President up to the last dual meet.
- b. Swimmers who have competed for or trained with a USA Swim club after December 31 are ineligible for the next summer season, unless an exception is granted by the Board of Directors. See exception below.
- c. High School swimmers may train with a USA Swim club until February 15, without losing their eligibility. High School swimmers may train with their high school team after this date.
- d. All questions regarding eligibility will be determined by the Board of Directors. A written request for eligibility, containing all facts pertinent to the situation, must be submitted to the DCSL President. A decision will be made by a vote of the Board of Directors.

2. Age of Swimmers

Age group assignment shall be determined as of June 15th of the swim season. No swimmer may swim below his/her age group.

3. Swimming Up an Age Group

- a. During a dual meet, an athlete may swim all of his/her individual events in his/her own age group, while swimming up in an older age group for one or both Medley Relay and Freestyle Relay. Each athlete may only swim in one Medley Relay and one Freestyle Relay.
- b. If the athlete swims up in an individual event, he/she must swim up for the entire meet, including relays.

4. Rules and Disqualification Policies

DCSL uses USA Swimming Rules as a guideline for rules and disqualification policies. The specific deviations listed below have been approved by the Board of Directors:

- a. Modification of the “no false start rule”: False Start / No Recall: A swimmer who falls or slips off the starting block before the start of a race without intention to begin or delay the swim shall not be disqualified. The Starter shall begin the starting sequence once the swimmer has returned to the starting block.

- b. Modification to Article 101, Individual Strokes and Relays, for swimmers competing in the 8 & Under events: In dual meets prior to July 1, swimmers competing in the 8 & Under events shall be allowed 2 stroke infractions in a given race, and shall receive a written warning but not be disqualified. Upon the third stroke infraction in a single race, the swimmer shall be disqualified.

The intent of this modification is to provide lenience to the young swimmers who are still learning the proper form of the stroke, or who are physically unable to perform the stroke.

It is expected that coaches will progress all swimmers participating in the League and that by the July 1, all swimmers will be proficient in performing the required strokes. Therefore, **all 8 & Under swimmers will be subject to the same rules and regulations as other age groups during dual meets held July 1 and later, as well as the League Championship Meet.**

- c. Modification of Article 103.2, Water Depth: The minimum pool depth requirement for racing starts and teaching racing starts is waived. Coaches, parents, guardians and swimmers shall use good judgement and common sense to prevent potential bodily harm that may arise due to shallow pool depths.

5. Referee

The appointed Referee (a distinguished member of the Home team) shall be in complete charge of the swim meet and his/her decision shall be final. A protest of the Referee's decision may be brought to the League Board of Directors, provided that such protest is first brought to the Meet Desk no later than thirty minutes from the end of the meet.

6. Protest of Violation of League Rules

Protests must be submitted by the League representative, or his/her designee, no later than five days after the violation occurred by sending notice to all members of the Board of Directors. The President (or Vice President, if the President's team is involved) is responsible for seeing that a decision is made by the Board, within two weeks of receipt of the protest.

7. Season Opening

DCSL member swim teams may begin workouts no earlier than April 1st.

SECTION 2: DUAL MEET POLICIES

1. Deadline for Meet Entries

- a. 5:00 PM Monday, for Wednesday evening meets
- b. 5:00 PM Thursday, for Saturday morning meets

It is the visiting team's responsibility to initiate the conversation with the Home team regarding entries for a dual meet. Entries should be sent electronically via email to the designated computer person of the Home team. In no case should entries be given directly to the opposing coach. Coaches may not see the visiting team's entries until the meet has been seeded and the meet's program has been made available to both teams.

Except upon approval of both teams' directors or their designees, recognized by positive, confirming communications (e.g. email notes, telephone conversations, text messages), in no case shall:

- a. A change be made to the entries after the deadline for meet entries has passed, or
- b. A new swimmer be added to the meet after the deadline for meet entries has passed.

See paragraph 3 of this section for allowable changes at the Meet Scratch Meeting.

2. Format for Meet Entries

See Computer Appendix.

3. Scratch Meeting

A Scratch Meeting will be held 30 minutes before the start of any meet. No changes may be made after ten minutes prior to the scheduled start of the meet without consent of both teams' official meet representatives.

- a. The Scratch Meeting is designed solely for the replacement of absent swimmers.
- b. A replacement swimmer must have been entered in at least one event (individual or relay) prior to the deadline for meet entries.
- c. Scratch entries may come from any swimmer currently in that event in a later heat, or any swimmer on the team that has not met his/her three-event limit.
- d. Substitutions may be made to relay entries up to the start of the relay race without consent of both team's official meet representatives.
- e. The Home team's swim director or his/her representative is responsible for notifying the desk and officials of all changes resulting from the scratch meeting.

4. Swimmer Entries

- a. Each athlete shall have the opportunity to compete in a minimum of two individual events. Three athletes per gender, per age group may compete in maximum three individual events and two relays.
- b. Individual Medley (IM) heats: Only one heat of IM, maximum three swimmers per age group, per gender, may be entered in the 7/8 – 13/14 age groups. Multiple heats of IM may be entered in the 15-18 age groups.
- c. Changes may only be made to the standard league format if both coaches agree to the changes (i.e. every swimmer swims three individual events).
- d. 6 & Under Individual Events: 6 & Under events will be held in all strokes, except the Individual Medley (IM). 6 & Under swimmers may compete in the 8 & Under IM events.

5. Relays

- a. Teams may enter a maximum of three relays per age group (i.e. Girls A, Girls B, Boys A only OR Boys A, Boys B, Girls A only.) Relay heats will be combined to 1 heat per age group. Swimmers may only swim on one relay team for each of the Medley and Free relays.
- b. 15-18 Mixed Relay: If, in a dual meet, a Member team cannot field a 15-18 Boys Medley Relay team or a 15-18 Boys Freestyle Relay team, then either or both may include up to three 15-18 girls. The relay will score as a Mixed (boys) Relay event.
- c. 6 & Under Relay Events: 6 & Under relay events shall be designated "mixed" and may be made up of any combination of boys and/or girls. There need not be at least one swimmer of each sex on a 6 & Under mixed relay.

6. Scoring of Dual Meets

- a. Any swimmer legally entered in an individual event is eligible to score points unless previously designated as complimentary.
- b. Only one relay may score points in each event for a Member team.
- c. In the case of a tie in any one event, add together the points for the places involved and divide by the number involved in the tie.

	First Place	Second Place	Third Place
Individual Events	5 Points	3 Points	1 Point
Relay Events	8 Points	4 Points	

7. Awards for Dual Meets

	Individual Race Ribbons Awarded to...	Relay Ribbons Awarded to...
10 & Under Age Groups	1 st through 6 th place for every swimmer in every heat	1 st and 2 nd place only
11-12 Age Group	1 st through 3 rd place overall only	1 st and 2 nd place only
13+ Age Groups	No ribbons awarded	1 st and 2 nd place only

At the end of the season, trophies will be given to the 1st, 2nd, and 3rd place teams based on a dual meet record. (See Awards section of Championship Meet policies, below.)

Tie Breaking Policy for Dual Meet Record: If a tie for 1st, 2nd and 3rd exists, the tie stands as is with only three trophies awarded unless there is a tie for 3rd, whereby an additional trophy will be purchased.

- a. 1st place tie – Two 1st place trophies and one 3rd place trophy
- b. 2nd place tie – One 1st place trophy and two 2nd place trophies
- c. 3rd place tie – One 1st place trophy, one 2nd place trophy and two 3rd place trophies

8. Meet Start and End Times

	Home Team Warmup	Visitor Warmup	Meet Start Time
Saturday Meets	8:00 – 8:25 AM	8:25 – 8:50 AM	9:00 AM
Wednesday Meets	4:30 – 4:55 PM	4:55 – 5:20 PM	5:30 PM

Hosting teams may modify the schedule above, if required by pool rules or other factors. In the case of timeline modification, the Home team must notify the Visiting team at least 72 hours in advance. All efforts should be made to use these dual meet start times to create consistency in the league meet schedule.

The host team will decide if events need to be cancelled to avoid going past the scheduled end time. There is no minimum or maximum number of heats.

9. Responsibilities for Dual Meets: Home Team

- a. Set up database and seed meet using Meet Maestro management system in accordance with specifications described in the Computer Appendix. Furnish the Visiting Team a full Meet Maestro backup file for the sole purpose of printing their own reports, by the following timeline:
9:00 PM on Tuesday, for Wednesday evening meets
3:00 PM on Friday, for Saturday morning meets
- b. Print meet programs for the following:
 - i. Announcer
 - ii. Starter
 - iii. Stroke and Turn (2 copies)
 - iv. Desk
 - v. Home team coaches
 - vi. Home team shepherds
- c. Print Lane / Timer sheets
- d. Furnish backstroke flags posted five yards from each end of the pool
- e. Furnish the following personnel:
 - i. 9 Timers
 - ii. Head Timer with backup watches

- iii. Starter
- iv. Referee
- v. Qualified Stroke and Turn Judge (qualified in concurrence with the Visiting team)
- vi. Announcer
- vii. Ribbon Writer
- viii. 3 Desk Clerks including Computer Operator
- f. Each Timer will use a button plunger. In addition, one Timer will also use a manual stopwatch and act as a Recorder.
- g. Compute official results, times, and team scores with Meet Maestro management software.
- h. Provide results to the Visiting team via email as soon as possible after the completion of the meet.

10. Responsibilities for Dual Meets: Visiting Team

- a. Furnish the following personnel:
 - i. 9 Timers
 - ii. Ribbon Writer
 - iii. Qualified Stroke and Turn Judge (qualified in concurrence with the Home team)
- b. Print meet programs for your own team personnel (recommendation as follows):
 - i. Visiting team coaches
 - ii. Visiting team shepherds
 - iii. Visiting team swimmers' posting board

SCHEDULE OF EVENTS: DUAL MEETS

SPRINT FREESTYLE

- 1. 15-18 Girls 50 yard
- 2. 15-18 Boys 50 yard

MEDLEY RELAY

- 3. 6 & Under Mixed 100 yard
- 4. 7-8 Girls 100 yard
- 5. 7-8 Boys 100 yard
- 6. 9-10 Girls 200 yard
- 7. 9-10 Boys 200 yard
- 8. 11-12 Girls 200 yard
- 9. 11-12 Boys 200 yard
- 10. 13-14 Girls 200 yard
- 11. 13-14 Boys 200 yard
- 12. 15-18 Girls 200 yard
- 13. 15-18 Boys/Mixed 200 yard

INDIVIDUAL MEDLEY

- 14. 7-8 Girls 100 yard
- 15. 7-8 Boys 100 yard
- 16. 9-10 Girls 100 yard
- 17. 9-10 Boys 100 yard
- 18. 11-12 Girls 100 yard
- 19. 11-12 Boys 100 yard
- 20. 13-14 Girls 100 yard
- 21. 13-14 Boys 100 yard
- 22. 15-18 Girls 100 yard
- 23. 15-18 Boys 100 yard

FREESTYLE

- 24. 6 & Under Girls 25 yard
- 25. 6 & Under Boys 25 yard
- 26. 7-8 Girls 25 yard
- 27. 7-8 Boys 25 yard
- 28. 9-10 Girls 50 yard
- 29. 9-10 Boys 50 yard
- 30. 11-12 Girls 50 yard
- 31. 11-12 Boys 50 yard
- 32. 13-14 Girls 50 yard
- 33. 13-14 Boys 50 yard
- 34. 15-18 Girls 100 yard
- 35. 15-18 Boys 100 yard

BREASTSTROKE

- 36. 6 & Under Girls 25 yard
- 37. 6 & Under Boys 25 yard
- 38. 7-8 Girls 25 yard
- 39. 7-8 Boys 25 yard
- 40. 9-10 Girls 50 yard
- 41. 9-10 Boys 50 yard
- 42. 11-12 Girls 50 yard
- 43. 11-12 Boys 50 yard
- 44. 13-14 Girls 50 yard
- 45. 13-14 Boys 50 yard
- 46. 15-18 Girls 100 yard
- 47. 15-18 Boys 100 yard

BACKSTROKE

- 48. 6 & Under Girls 25 yard
- 49. 6 & Under Boys 25 yard
- 50. 7-8 Girls 25 yard
- 51. 7-8 Boys 25 yard
- 52. 9-10 Girls 50 yard
- 53. 9-10 Boys 50 yard
- 54. 11-12 Girls 50 yard
- 55. 11-12 Boys 50 yard
- 56. 13-14 Girls 50 yard
- 57. 13-14 Boys 50 yard
- 58. 15-18 Girls 100 yard
- 59. 15-18 Boys 100 yard

BUTTERFLY

- 60. 6 & Under Girls 25 yard
- 61. 6 & Under Boys 25 yard
- 62. 7-8 Girls 25 yard
- 63. 7-8 Boys 25 yard
- 64. 9-10 Girls 50 yard
- 65. 9-10 Boys 50 yard
- 66. 11-12 Girls 50 yard
- 67. 11-12 Boys 50 yard
- 68. 13-14 Girls 50 yard
- 69. 13-14 Boys 50 yard
- 70. 15-18 Girls 100 yard
- 71. 15-18 Boys 100 yard

FREESTYLE RELAY

- 72. 6 & Under Mixed 100 yard
- 73. 7-8 Girls 100 yard
- 74. 7-8 Boys 100 yard
- 75. 9-10 Girls 200 yard
- 76. 9-10 Boys 200 yard
- 77. 11-12 Girls 200 yard
- 78. 11-12 Boys 200 yard
- 79. 13-14 Girls 200 yard
- 80. 13-14 Boys 200 yard
- 81. 15-18 Girls 200 yard
- 82. 15-18 Boys/Mixed 200 yard

COMPUTER APPENDIX

Prior to each dual meet, home team will provide the visiting team with the Swimtopia visitor code to enable the visiting team to complete their entries. This code will be provided to the visiting team at least 48 hours before meet entries are due.

Visiting team to make their entries available to the home team by locking out their entries in Swimtopia by the following schedule:

5:00 p.m. Monday, for Wednesday evening meets

5:00 p.m. Thursday, for Saturday morning meets

Home team will notify the visiting team when the seeded meet is available in Swimtopia for the sole purpose of the visiting team printing their own reports, by the following:

9:00 p.m. Tuesday, for Wednesday evening meets

3:00 p.m. Friday, for Saturday morning meets

Each team has the responsibility, whether they are the home or visiting team, of printing the meet programs for their coaches, shepherds and swimmers posting board.

The meet shall be named "Visitor at Home" using the official team initials stated below:

Forest Hills	FHST
Las Trampas	LTST
Livorna	LIV
Pleasant Hill Aquatics	PHA
Rancho Colorados	RCST
Rancho San Miguel	RSM
Scottsdale	SSC
Sun Valley	SVST

Scoring relays should be designated "A", have a seed time, and include four swimmers' names. Non-scoring relays shall be named "B", "C", etc.

Beginning with summer of 2023 season, all teams will use Swimtopia and MeetMaestro for management of DCSL dual meets.

Suggested Format for Lane / Timer Sheets: Continuous

SECTION 3: CHAMPIONSHIP MEET POLICIES

1. Eligibility

- a. The Diablo Community Swim League Championship Meet is open to swimmers belonging to a Member team of the Diablo Community Swim League who have competed in at least one league dual meet during the current season.
- b. Individual swimmers must swim in at least one league dual meet during the season to be eligible for the League Championship Meet.
- c. Championship Meet events shall be only those events listed in the DCSL Championship Meet Schedule of Events (see "Order of Events" later in this document). No complimentary events or ineligible competitors shall be allowed, except for a Coach or Parent Relay as determined by the Board of Directors.

2. Entries

- a. Each athlete may enter three individual events, except 6 & Under age group athletes, who are limited to two individual events. The Individual Medley is considered one individual event. Each athlete may also swim in both relays, in addition to the individual events entered, for a maximum total of 5 entries.
- b. During the Championship Meet, an athlete may swim all his/her individual events in his/her own age group, while swimming UP in an older age group for one or both Medley Relay and Free Relay. Each athlete may only swim in one Medley Relay and one Free Relay. If the athlete swims up in an individual event, he/she must swim up for the entire meet, including relays.
- c. Individual Medley events entries are limited to 4 boys and 4 girls per age group (7/8 through 13/14). In the 15-18 division, there is no limit to the number of Individual Medley swimmers entered.
- d. Relay events are limited to one relay entry per Member team.
- e. Based on the 2024 decision to eliminate printed meet programs, the entry deadline is 7:00 PM on the Monday prior to the Championship Meet.
- f. Entries for the Championship Meet are considered final upon submission. There will be no changes or substitutions after final entries have been submitted.
- g. Entries must be submitted with times achieved in sanctioned meets throughout the summer rec season. Entries without verified times will be seeded as a "no time" entry.
- h. Entries must be submitted to the Championship Meet Director desk team. Names and times on the Swimtopia Proof of Times Report will account for proof of the swimmer's best times and shall be considered as official entries. Teams shall be responsible to save and submit proof of entry times.

3. Seeding

- a. IM (timed finals) will be seeded slowest to fastest (no circle seeds).
- b. All prelims will be seeded slowest to fastest, except for the last 3 heats, which will be circle seeded.

4. Scratches / Changes

- a. Entry additions and changes submitted after the final deadline will be considered at the discretion of a quorum of the DCSL League Representatives based on whether the benefit is for the swimmer. Changes to entries are not meant to give any team an advantage.
- b. Each member team shall submit 4 names per relay, but any 4 eligible athletes may swim in said relay. Award labels may not reflect the accurate names of the participating swimmers. It is up to each team to distribute the awards to the appropriate athletes.

5. Championship Rules and Disqualification Policies

Per Section 1 of this document (General Swim Meet Rules / Rules and Disqualification Policies), ALL swimmers, including the 8 & Under competitors, are expected to properly perform the strokes per USA Swimming rules by the time of the DCSL Championship Meet. All Stroke & Turn rules infractions approved by the Referee will cause disqualification. False Start violations will also cause disqualification. Note that the Referee will staff “take-off” judges to watch the relay events to ensure fair competition.

Coaches will be notified of disqualifications. Any questions or protests regarding disqualification must be directed to the Head Referee. Protest of a disqualification must occur within 30 minutes of the Announcer’s call for a coach. Coaches are the only individuals allowed to protest a disqualification; parents, swimmers, and other individuals may not protest a disqualification. If necessary, the Meet Director will facilitate any debate regarding a question of disqualification.

6. Order of Championship Meet Events

<p>SATURDAY AM</p> <ul style="list-style-type: none"> - 15-18 Women/Men, 50-yard Free Trials - Remaining Free Trials (standard distance) - Breaststroke Trials - IM Timed Finals (11 & Up) 	<p>SUNDAY AM</p> <ul style="list-style-type: none"> - Backstroke Trials - Butterfly Trials - IM Timed Finals (10 & Under)
<p>SATURDAY PM</p> <ul style="list-style-type: none"> - 15-18 Women/Men, 50-yard Free Trials - Medley Relay Timed Finals - Remaining Freestyle Finals - Breaststroke Finals 	<p>SUNDAY PM</p> <ul style="list-style-type: none"> - Free Relay Timed Finals - Backstroke Finals - Butterfly Finals

7. Team Scoring

The following scoring model was adopted in advance of the 2024 season

- The top 20 finishers (by time) from prelims will advance to finals. Swimmers who finish 11th-20th in prelims will advance to the Consolation Finals. Swimmers who finish 1st-10th in prelims will advance to the Championship Finals.
- Top 3 swimmers per team overall score. There will be 24 scoring swimmers.
- Points are awarded for places 1 through 24 according to the schedule below.
- Swimmers need not qualify for Consolation or Championship Finals to be eligible to score. All swimmers are eligible to score, regardless of their qualification for Finals.
- A Consolation Finalist cannot score more points than a Championship Finalist. A non-finalist cannot score more points than a Consolation Finalist.

Individual Events

Place:	<u>1st</u>	<u>2nd</u>	<u>3rd</u>	<u>4th</u>	<u>5th</u>	<u>6th</u>	<u>7th</u>	<u>8th</u>	<u>9th</u>	<u>10th</u>	<u>11th</u>
Points:	30	27	26	25	24	23	22	21	20	19	18

Place:	<u>12th</u>	<u>13th</u>	<u>14th</u>	<u>15th</u>	<u>16th</u>	<u>17th</u>	<u>18th</u>	<u>19th</u>	<u>20th</u>	<u>21st</u>	<u>22nd</u>
Points:	17	16	15	14	13	12	11	10	9	8	7

Place:	<u>23rd</u>	<u>24th</u>
Points:	6	5

Relay Events

Place:	<u>1st</u>	<u>2nd</u>	<u>3rd</u>	<u>4th</u>	<u>5th</u>	<u>6th</u>	<u>7th</u>	<u>8th</u>
Points:	40	34	32	30	28	26	24	22

8. Awards

Individual Athletes <i>1st place through 10th place in each event</i>	Medal
Individual Athletes <i>11th place through 20th place in each event</i>	Double Layer Ribbon
Relay Athletes <i>1st, 2nd, 3rd place in each event</i>	Medal
High Point Award Winners <i>One boy and one girl per age group (ties are possible)</i>	Plaque
New League Records <i>Set at Championship Meet OR during the Dual Meet season. Note: We do not keep a separate set of records for the League Championship Meet vs. the Dual Meet season.</i>	Plaque
Championship Meet <i>1st, 2nd, 3rd Place Teams</i>	Trophy
Dual Meet Finishers <i>1st, 2nd, 3rd Place Teams</i>	Trophy
Sportsmanship Award <i>Awarded to the team demonstrating good sportsmanship throughout the season, as voted by the by the Board of Directors after the last Dual meet of the season.</i>	Perpetual Silver Cup
Popped Times Award <i>Awarded to the team with the highest percentage of time improvements per individual events swum in the Championship Meet</i>	Trophy
Team Spirit Award <i>Awarded to the team demonstrating the best team spirit during the Championship Meet, as voted by the Board of Directors during the meet.</i>	Trophy

9. Fees

- a. Entry fees will be charged per individual event and per relay event, as determined annually by the Board of Directors.
- b. The fees will be structured as follows:

<i>Splash Fee (entry fee per swimmer)</i>	<i>\$ per swimmer</i>
<i>Individual Event Fee</i>	<i>\$ per individual event</i>
<i>Relay Fee</i>	<i>\$ per relay team</i>

10. Swimsuits

This meet follows all USA Swimming swimsuit guidelines, including tech suit restrictions for swimmers aged 12 and under. Please visit the [USA Swimming website](#) for more information regarding tech suits.

11. Clerk of the Course

Every swimmer must check in and be seated at the Clerk of the Course prior to swimming their event. We use a double check-in procedure. All swimmers must check in at the entrance desk of the Clerk, and all swimmers must be in their chairs as the heat is released to the blocks. If a swimmer is not seated in their chair immediately prior to being released to the blocks, they will be scratched from the event. This is the same procedure for trials, finals, and relays.

Coaches or parents should make sure that all swimmers arrive at the Clerk of the Course on time. Only swimmers, and coaches of 8 & Under swimmers, will be allowed inside the Clerk of the Course.

DOCUMENT REVISION LOG

May 2024

- Acceptance of Computer Appendix revisions based on league's adoption of Swimtopia as meet management platform
- Acceptance of policy that any four relay names may be submitted; it is not required that the names submitted are the swimmers who compete.
- Modification of points distribution for individual events at the championship meet, based on movement to a 2-day, trials/finals championship format.
- Adoption of High Point award rather than former Double Gold award model
- Addition of language re: coaches protesting disqualifications within 30 minutes of announcement.