



**Communication** – One representative per team required as a “league representative” for all league communication. *Group Me* and email are used as the primary methods of communication from the league admin to the participating teams. All league information will be communicated through each team’s representative. League representatives are the liaison between team & league and responsible for sending all communication to their team.

**League Fees** - League fees are \$30/swimmer per participating team. Teams will be required to make a non-refundable \$250 which secures intent to participate; deposit will be due by April 1<sup>st</sup>. No deposit = no league participation for current season. Balance of each team’s league fees will be due May 31<sup>st</sup>; failure to make the final payment will result in teams being removed from the league schedule for current season.

**Swim Age** – birthday on April 1<sup>st</sup> determines each participant’s age-group

### Relay Teams

#### Requirements for regular season & Championship swim meets

**Relay Teams** - Relay teams can be gender combined, with any combination of swimmers

#### **10U Relay teams**

- Combination of swimmers from 6u to 10U age group
- Maximum two (2) swimmers from the 9-10 age group per relay team
- Relay teams that do not adhere to the above criteria will be marked as exhibition and not eligible for any awards

#### **11+ Relay teams**

- Combination of swimmers from 11-12 to 15-18 age group
- Maximum two (2) swimmers from the 15-18 age group per relay team
- Relay teams that do not adhere to the above criteria will be marked as exhibition and not eligible for any awards





## Regular Season

Regular Season runs mid-May through mid-July; final roster due May 31st

- **Assisted Swimmers**
  - Freestyle (Event 3) /Backstroke (Event 14) – Swimmers 8 and under
  - Gender COMBINED heats
  - Gender COMBINED results reported/tattoos awarded
  - EVENT ribbons, places 1-6, & Personal Best, & Star Swimmer for first time swimming unassisted
- **Age Groups: 10U Swimmers**
  - Gender COMBINED heats
  - Gender SPECIFIC results reported/tattoos awarded
  - EVENT ribbons, places 1-6, & Personal Best.
- **Age groups: 11+ Swimmers**
  - CONTINUE with 19+ swimmer age group for coaches/parents to regularly participate during swim meets. All 19+ swimmers/events will be exhibition.
  - Gender COMBINED heats
  - Gender SPECIFIC results/tattoos
  - Event Ribbons – places 1-3, & Personal Best
- **Meet Results**
  - Gender COMBINED Event Results & Heat Winner Tattoos for Assisted Swimmer group
  - Gender SPECIFIC Event Results and Heat Winner Tattoos for all age groups 6U and higher.
- **Meet Volunteers**
  - In-Person Meets
    - All Coaches/Volunteers/League personnel will have deck pass. Any adult without a deck pass is not permitted on the pool deck. Spectators will stay in designated seating areas. Swimmers will stay with their teams on deck.
    - Home team provides 2 tattoo awarder per half (boy/girl heat winners)
      - Dual meet – each team provides 3 timers per half
      - Tri meet – each team provides 2 timers per half
  - Virtual Meets
    - All volunteers provided by home team if running a virtual meet
- **League Employees –**
  - In-Person Meets: Starter, Clerk of Course, Computer, Ribbons, Head Timer
  - Virtual Meets: Each team provides their own meet staff
- **Parent Relays Weekend** - All relays must have a participant (18+) & are exempt from awards





### **Invitational Meet**

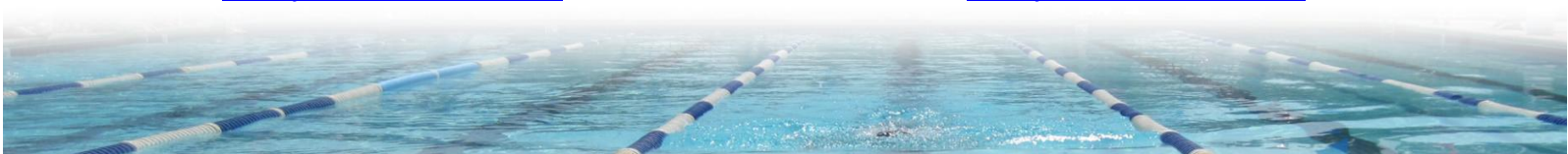
**Virtual format to allow all swimmers on each team participate, held July 4<sup>th</sup> weekend**

- No Personal Best at Invitational Meets due to unique event lineup
- Event lineup different from regular season meets.
  - 11+ swimmers will have the chance to participate in 25m events as well as 100+m events
  - 10U swimmers will have to participate in 50m freestyle and normal 25m events. Swimmers can “swim up” to participate in the 100+m events

### **Championship Meet**

**Usually the 3<sup>rd</sup> Saturday in July; location TBD**

- **Assisted Swimmers**
  - Freestyle & Backstroke Events (if needed). Goal is swimming independently.
  - Gender COMBINED heats & results.
  - Rosette ribbons for places 1-3 and ribbons for places 4-10
- **Age Groups: 10U Swimmers**
  - Gender COMBINED heats
  - Gender SPECIFIC results
  - Event Awards - Medals for places 1-3 & ribbons for places 4-10
- **Age groups: 11+ Swimmers**
  - Gender SPECIFIC heats & results
  - Event Awards - Medals for places 1-3 & ribbons for places 4-6
- **Meet Volunteers**
  - All Coaches/Volunteers/League personnel will have deck pass. Any adult without a deck pass is not permitted on the pool deck.
  - Spectators will stay in designated seating areas.
  - Swimmers will stay with their teams on deck.
  - Each team to provide volunteer list when championship meet entries are due, to include: coaches, timers, tattoos, runner, floater, ribbons assistant, clerk of course assistant
- **League Employees**
  - Starter, Clerk of Course, Computer, Ribbons, Head Timer





## False Starts & DQ Criteria

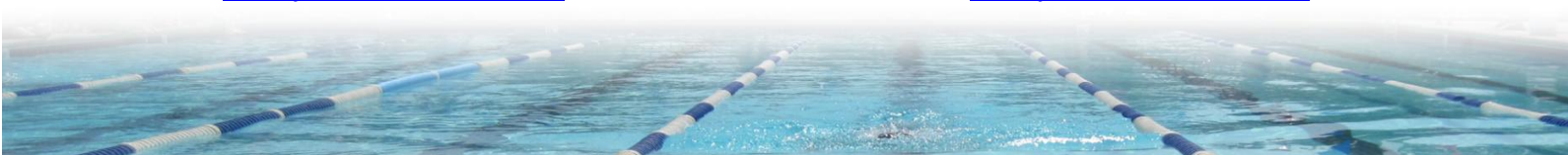
### False Starts

- **Individual Events**

- Leaving their stationary stance/position (leaving their mark) before the start signal/beep is given. One foot must be at the front of the block when they “take their mark”.
- Examples:
  - Rolling/moving into their start
  - Moving foot position
  - Moving hand position
  - Looking up
- This does not include twitching, flinching, or muscles tightening, if these movements do not change the swimmer’s stance (position/mark).
- Movement is a distraction to other swimmers and sometimes an advantage for the swimmer moving. Therefore, swimmers should be stationary at the start.

- **Relay Events**

- First swimmer is held to same start rules as in an Individual Event.
- Remaining relay members must be touching the block, even if it’s just the tip of one toe, when the swimmer in the water touches the wall. They can roll, move, change their starting positions, etc.
- When the judges\* see the feet completely leave the block, look down to see if the swimmer in the water has touched the wall. If not, this is a false start; the swimmer left the block before the prior swimmer touched the wall. ***\*Both judges need to agree.***

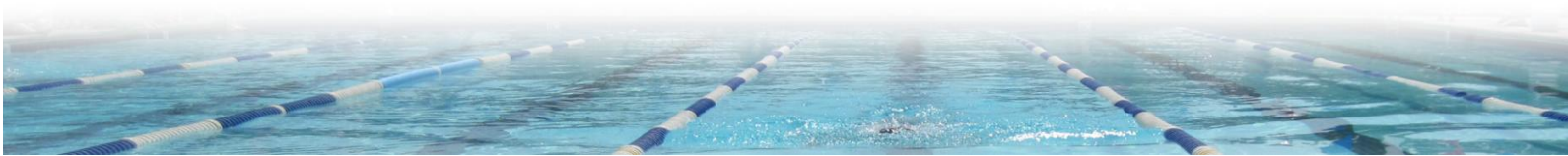




## DQ Criteria

- **Regular Season**
  - 10U Swimmers - no DQ unless blatant (swimming wrong stroke) – Team coaches will DQ their own swimmers to prepare for Champ Meet format
  - 11+ Swimmers - no DQ unless blatant (swimming wrong stroke) – Team coach can DQ their own swimmers. Team coaches will DQ their own swimmers to prepare for Champ Meet format
- **Championship Meet**
  - **All age groups**
    - Any blatant false start where swimmer leaves the block ahead of the start-tone. Small movements will continue to be allowed.
    - Relays - blatant early take off before teammate touches the wall.
    - Swimming the wrong stroke. Anything goes in freestyle.
  - **Assisted Swimmers**
    - Swimmers CANNOT be touched by their water assistant and qualify for placement
  - **9-and-older Age Groups**
    - *Breast stroke* – blatant alternate (scissor or flutter) kicking. Blatant arms pulling past hip line. Blatant two or more underwater pull-outs before surfacing. Must touch walls with two hands.
    - *Back stroke* - Blatant flipping over on the stomach before finishing. Also, blatant propelling forward using lane line – we will overlook bumping into the lane line. More than one stroke on stomach before turn.
    - *Butterfly* - blatant alternate kicking. Blatant underwater recovery of arms. Must touch walls with two hands.
  - **11-and-older Age Groups**
    - Any event 50 yards or more in length - failure to touch the wall with any part of the body on a turn.

**BLATANT:** any violation that a single judge identifies and then only upon consultation with a 2<sup>nd</sup> judge, the violation is repeated to the extent that the 2<sup>nd</sup> judge can witness it also. We are looking for violations that are sustained over a period of time during a race.



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