

TRI-COUNTY SWIM LEAGUE
Rules and Guidelines
Revised June 4, 2010

I. ELIGIBILITY

A. Team Membership

1. All teams must have a viable parent group.
2. Fees:
 - a. Each member team of the Tri-County Swim League owes \$10.00 annually to the league organization to pay for administrative costs.
 - b. Fee may be waived if the treasury does not need the income.
3. New teams that wish to enter the Tri-County Swim League must be approved by a majority of the member teams of the league.
4. The executive committee shall set league size.

B. Athlete Membership

1. Swimmers must be bona fide members of the club which they represent, including full payment of all initiation deposits/fees, bonds, stock certificates, annual dues, maintenance fees, swim team fees, etc., however it applies to each individual team.
2. One coach (to be designated at the beginning of the season), who has been granted full privilege membership but is not a bona fide member, and a supervisory personnel's immediate family granted full privilege membership may also swim provided they have paid swim team fees for that season.
3. A swimmer may represent only one team within the league during one summer season.

C. Age Group

1. Age as of June 1st determines the age group.
2. Swimmers may swim in the older age groups; however, all individual events must be swum in the same age group.
3. Six and under swimmers are exempt from the above rule. They may swim freestyle and backstroke in the six and under age group and individual medley, butterfly, or breaststroke in the eight and under age group; however, if a six and under swims eight and under freestyle or backstroke, he/she must swim "up" for all three events.
4. At any league meet or championships a team must have two actual swimmers the correct age within an age group (i.e. swimmers who are actually the age of the age group where the relay is to be swum) before younger swimmers may be brought "up" to fill a relay.
5. Swimmers may compete in THREE individual events, ONE medley relay, and ONE freestyle relay. Swimmers may swim "up" for a medley relay and "down" for a freestyle relay, or vice versa.

D. Rule for Disabled Swimmers

1. Upon written approval of the TCSL Board, a swimmer may swim in a lower age group during the dual meet season if they are disabled or have special needs.
2. The swimmer shall swim in their correct age group at championships; although, the meet director has the ability to allow a swimmer to swim a shortened distance.
3. If the swimmer has been allowed to swim in a lower age group or a shorter distance, he/she must swim exhibition and/or be listed as exhibition.

II. GENERAL

- A.** Teams in the Tri-County Swim League are permitted to swim teams not in the league.

- B. Officiating Clinics:** Clinics for stroke judging, turn judging, and starting are to be held for all teams in the league in late May or early June.
- a. One coach and one parent board member must attend the first half of the above named meeting.
 - b. \$50 fine will be assessed for non attendance.
- C. Vote:** Each team in the league will have one vote in league meetings. More representatives are invited to attend.
- D. Rule Books:** The Tri-County Swim League will provide a current USA Swimming Rules Book for each team in the league each year if money is available.
- E. Inclement Weather:** When lightning and thunder have been verified, the home team referee and/or the pool personnel are required to follow existing pool policy on lightning.
- F. Lifeguard:** The host team must provide and pay for a lifeguard, who will sit in the lifeguard chair during the warm-up and the meet. The lifeguard must be certified in American Red Cross life guarding, Ellis, or YMCA life guarding. If there is no lifeguard, there is no meet.
- G. Pool Depth:** The official minimum depth accepted by the league is 4 feet 6 inches. YMCA's may not dive into water under 5 feet, and the scheduler will attempt to honor this rule in scheduling their meets. Any pool with a depth at the starting end less than 4 feet 6 inches must do in water push off starts. There shall be no flooding or redistribution of lanes.
- H. Relays:** When relay exchanges start in the water, the swimmer waiting for a relay touch must have some part of their body on the wall until the preceding swimmer touches.
- I. Parent Code of Ethics:** All parents/guardians of participating athletes are bound by the Parent Code of Ethics of the Tri-County Swim League. Please refer to Addendum #2.
- J. Protests:** All protests are to be directed to the meet referee by the coach. Coaches, parents, and swimmers ARE NOT to confront any other meet official.
- K. Sportsmanship:** Parents and swimmers participating in the Tri-County Swim League programs are expected to exhibit good sportsmanship at all times during dual meets, invitationals, and championships. Ridicule, derogatory remarks, and taunting directed toward opponents, officials, or teammates, both verbal and non-verbal, are strictly prohibited. Appropriate sanctions against the offending parent and/or swimmer will be decided by the swim team board of the Tri-County Swim League member team to include banishment from the pool deck and/or swim meets for a specified period of time. If the offending behavior continues, the matter will be brought before the board of directors of the Tri-County Swim League. Unsportsmanlike conduct between swimmers will result in immediate ejection from the meet by the meet referee.
- L. Alcohol and Smoking:**
1. There shall be no smoking or drinking of alcoholic beverages on the competitive pool deck or grounds accessible to swimmers during competition or warm-ups. Hosting facilities may impose a stricter rule, but may not loosen the rules.
 2. Public pools may not have alcohol on the premises at all.
- M. Team Size:** The division of a club team into manageable units swimming in different league divisions or as "home" and "away" units does not affect swimming in the championships as long as all swimmers compete in two league dual meets as required by current league rules.
- N. Records:** "League" Records can only be set at the annual Tri-County Swim League Championships. Records must be set in the actual event. Lead off splits on relays do not qualify as record breaking swims.

III. RULES

- A. USA short course rules** apply to all competition, except for violations covered in the Tri-County Swim League Rules and Guidelines.
- B. Rule Infractions:** All swimmers must be told of any rule infraction by the stroke or turn judge. Should the official miss the swimmer, every effort should be made to contact the coach.

C. Leniency: There is no leniency in the rules for any age group at any time.

IV. DUAL MEETS

A. General

1. **Scratched Events:** No event may be scratched even if only one swimmer is entered. If neither team has an entry, the event may be scratched.
2. **Entries:** At a dual meet each team may enter a number of swimmers per event equal to one half the number of lanes. In a tri-meet each team may enter one-third the number of lanes.
3. **Schedule:** Each team is required to swim the schedule and program of events provided by the league. Meets cancelled due to inclement weather should be made up if possible.
4. **Lanes:** The home team takes the ODD numbered lanes; the visiting team takes the EVEN numbered lanes.
5. **Confirmation:** Before a dual meet a confirmation must be made by telephone by ONE designated person. Exhibition heats must be discussed and mutually agreed upon. Home team must call the visiting team by 2:00 P.M. the day before. If a team must cancel (only under dire circumstances), 48-hour notice must be given. (Exception: inclement weather)
6. **Warm-Up:** Home team has 30 minutes starting one hour before the meet, and the visiting team has the 30 minutes immediately preceding the meet. Warm-up procedure must be followed (Please refer to Addendum #1).
7. **Start Time:** Suggested meet starting time is 6:30 PM; however, allowances can be made for lack of proper lighting at the home facility. Proper advance notification must be given to the visiting team.
8. **Diving is optional:** Coaches will decide prior to a dual meet whether diving events will be held. Diving and swimming events are to be scored separately. Individual diving meets can be held. Date and site is to be decided by the two teams involved.
9. **Dual Meet Results:** All dual meet results shall be sent, via email (Hy-Tek Meet Manager preferred), to the designated league representative.

B. Equipment

1. **Stopwatches:** Each team should supply stopwatches and any other equipment as requested by the home team. (Each team should provide the stopwatches for their respective timers.)
2. **Backstroke Flags** are required for both ends of the pool.
3. **Lane Slips:** If used, HOME team will use GOLD lane slips; VISITING teams will use BLUE lane slips; all exhibition swimmers will use PINK lane slips.
4. **Starting blocks** shall be placed at the deep end of the pool. The blocks shall be placed with lane #1 on the RIGHT and lane #6 (or # 8) on the LEFT as you face the course from the starting end of the pool, whenever possible.

C. Officials

1. At a dual meet each team is required to supply:
 - a. One clerk of course
 - b. One turn judge
 - c. One stroke judge
 - d. One timer per lane from visiting team and two timers per lane from home team, thus making the middle time the official time
 - e. One warm-up monitor (in addition to the lifeguard)
2. The visiting team must make a courtesy call to the host coach or meet referee if the former is unable to provide sufficient officials for the meet.
3. It is suggested that the responsibility of starter and referee should be split between home and visiting team. In the case that the visiting team is unable to supply a starter or referee, the responsibility falls on the home team.

D. Scoring

1. NO team can sweep an event. In the case of a team placing first, second, and third, the **THIRD PLACE RIBBON** is awarded to the **THIRD PLACE SWIMMER**, but the **POINT** is awarded to the next qualifying swimmer. If the opposing team had no swimmers in the water, the third place point is lost.
2. Points awarded in dual meets:
 - a. Individual events: 5-3-1
 - b. Relay events: 7-0
3. In the event of a tie, the points to be credited to the disputed places are to be added together and divided equally between the two swimmers.
4. 6 and under events will be scored.
5. Lane slips, if used, must be filled out completely in order to avoid confusion and error in scoring.
6. The home team must provide the visiting team with awards, lane slips and a copy of the meet results with all swimmers and their times listed, including names and times of all exhibition swimmers participating the night of the meet.
7. The home and visiting teams shall sign the final results from league dual meets. The signatures must be from either a coach or parent board member.
8. **Exhibition Heats/Swimmers:**
 - a. Exhibition heats may be swum, with age groups and events to be determined by the coaches the day **PRIOR** to the meet.
 - b. Exhibition heats will be run **BEFORE** the scored event.
 - c. No points will be awarded.
 - d. Coaches must notify officials of all exhibition heats prior to the start of the meet.
 - e. No exhibition heats can be swum unless **opposing** coaches have discussed it by 2:00 PM the day before the meet.
 - f. An exhibition swimmer may be put in any empty lane in a scoring heat.
 - g. Maximum number of exhibition heats allowed at a dual meet is **TEN** (total - not per team).

E. Awards

1. Host team provides awards for dual meets.
2. **Individual events:**
 - f. Ribbons for 1st, 2nd, and 3rd (This includes 6 and under).
 - g. For 6 and under swimmers, participation ribbons will be awarded to all other places.
3. **Relays** will only be awarded ribbons for first place.

V. CHAMPIONSHIPS: All information about the annual TCSL Championships is contained the meet information. Note: Meet information is subject to updates, so please check the website for changes during the season.