

# INTRODUCTION

The East Kansas Swim League is comprised of 8 recreational swim teams in the surrounding area. The league competes amongst themselves in dual meets from the end of May through the middle of July. It will be determined at the beginning of each season how the season will end with championships, or not. Teams may begin practicing on the Tuesday following Memorial Day each year.

The League will follow the National Federation of High School Associations (NFHS) rules. Swimmers from the United Swimmers Association (USA) or other leagues will be allowed to join as long as they are not affiliated with another league or high school swim program in any way (practice, competition, etc.) during the recreational swim period.

The League is recreational in spirit. Emphasis is placed on stroke mechanics as well as team-work and sportsmanship. Swimmers of all calibers, regardless of expertise, are accepted onto a team. Each team allows children between the ages of 6 years (or younger) to 18 years of age to participate on a team. Each age group competes against their own age group. If necessary, a swimmer may be placed in an older division.

This is a swimming pool league. All meets will be held in swimming pools where health and safety standards are monitored regularly. Currently there are 2 members of the EKSL who do not have their own swimming pools, Piper and the combined Lake team. All other teams in the league will agree to rent their swimming pools to Piper and the Lakes if they are willing to pay the rental fee determined by the renting pool. The renting team will be responsible for set up and clean-up of the rented facility. The teams providing the facility can require that they be scheduled at "home" when Piper or the Lakes is renting from them. Cancellation of a meet due to inclement weather or unbalanced chemicals shall be decided upon by the swimming pool management.

# EAST KANSAS SWIM LEAGUE RULES

EFFECTIVE June 1, 2019

## *I. QUALIFICATIONS TO COMPETE:*

1. Winter U.S.A. swimmers can swim in the East Kansas Swim League if they are members of the club. Winter U.S.A. swimmers may practice with U.S.A and EKSL team, but may not compete in any EKSL meets during the EKSL season.
2. Penalty for violating rule 1: Forfeiture of all points earned during the season by the swimmer will be disqualified to participate in the EKSL for the remainder of that season. If violation of this rule is suspected, the coaches of both teams will approach the swimmer and parent(s) for clarification during the meet in process.
3. A swimmer must compete in at least one meet (weather permitting) held prior to preliminaries in order to participate in the championship meet. Qualifying meets shall consist of the four dual meets. (See Miscellaneous Rule d).
4. Penalty for violating rule 3: Disqualification of the swimmer and forfeiture of all points earned by the swimmer.
5. Age of swimmer is to be determined by June 1st of each year.
6. Swimmers shall compete in the following age groups: 6 & under (free-style, free relay, and back only). 8 & Under, 10 & Under, 12 & Under, 14 & Under, and 18 & Under. Swimmers may swim “up” in an age bracket but not down. That is, they may **not** swim in their own age bracket and then also swim in another older age bracket in the same event.
7. Swimmers may swim up in an older age bracket and opposite gender as “exhibition” only if the space is available.

## ***II. SWIMMING REGULATIONS:***

1. The 6 and Under and the 8 & Under groups will swim one length only (25 yards/meters). All others will swim 2 lengths (50 yards/meters). The I.M. is 4 lengths (100 yards/meters).
2. All stroke regulations, including swim attire, will be governed by current NFHS swimming regulations.
3. Coaches must indicate the fastest swimmers by A, B, C and so on with “A” being the fastest swimmer. Swimmer will be indicated in top right hand corner of the heat sheet.
4. Teams will turn in their heat sheets to the Clerk of the Course at the beginning of each meet.
5. Heat sheets will be numbered by events 1-72 to help the score table.
6. Preliminary heat sheets will be used at the championship meet. The prelim lane and heat will be marked out to avoid confusion. Coaches are responsible for filling in the FINALS part of the Heat Sheets.
7. Teams will use the following colors for their heat sheets:

PI- lavender	LV- orange	TG- pink	BS- blue
EU – green	LF – yellow	DS- red	
9. There will be no touching of the swimmer once the race has started. i.e. cushioning the head on the backstroke, or pushing off at the start.

### **III. DUAL MEET EVENTS:**

A. The events IN ORDER shall be: Free Relay, Free, Fly, Back, Breast, I.M., and Medley Relay. 6 and under will only compete in Free Relay, Free and Back, they may swim up in other events. 8 and under will compete in all events including IM.

B. RELAYS SHALL CONSIST OF FOUR (4) PERSON TEAMS. The “Six and Under” group may swim any combination of boys and girls in the free relay. The 18 & Under relay teams shall consist of no more than 2 boys per team. The 18 and under team can consist of 4 girls, 3 girls and 1 boy, 2 girls and 2 boys. If a team does not have enough swimmers in an age group to form the authorized 4-person team (for example a 3-person relay) they may swim for exhibition. The exhibition is not eligible to score points or receive placement ribbons. “Exhibition” should be clearly marked on the top of the team’s heat sheet. No swimmer can swim his/her age group and swim up to the next age group on the same relay (for example swimmer A is 8, he swims up to the 18 and under relay, he may not also swim on the 8 and under relay.)

C. A club may enter up to three Free Relay teams and up to three Medley Relay teams in each age group, except for 6 and under who do not swim the Medley Relay.

D. Swimmers must sit out one individual event. Relays count as one event. Swimmers can swim in only one age group per event. An infraction of this rule will result in no team points for that event but the swimmers will receive their awards.

E. Coaches may enter six (6) swimmers per event. Number of swimmers for free style is unlimited.

F. A pre-meeting of coaches, timers, judges and starters will be held immediately before the start of each meet. All stroke judges have to be at the pre-meet meeting.

## **SCORING FOR SWIMMING DUAL/TRI MEETS:**

Dual Meet		Tri Meet	
Individual	Relay	Individual	Relay
7	10	7	10
5	6	5	6
4	3	4	3
3	1	3	
2		2	
1		1	

All participating team coaches must agree no later than the Tuesday prior to the swim meet whether or not the meet will be scored. Optional scoring points are listed in the rule book.

Swimmers will be awarded the placing they earned based on times and qualifications. The same team may place 1-6 places in individual events (dual meets). Relays will be awarded 1-4 based on times and qualifications. The same team may capture first through third place in relay events.

### ***RIBBONS AND MEDALS FOR DUAL/TRI MEETS:***

Each team is responsible for all awards for the 2 meets that they host during the season.

1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup>, and 6<sup>th</sup> place receive ribbons for each individual event.  
1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup> place relay teams will receive ribbons.

## ***V. STARTERS:***

The Starter will announce the event and heat number before each race.

He/she will ensure the timers and judges are ready.

### **Starting instructions:**

1. For the forward start, upon the start command “Take your mark,” swimmers shall promptly assume a stationary position with their foot/feet at the front edge of the pool deck. When all swimmers are stationary, the starter shall activate a starting device.
2. For the backstroke start, swimmers shall step in the water feet first, and face the starting end with both hands in contact with the end of the pool. Upon the starting command “Take your mark” swimmers shall promptly assume a stationary position. When all swimmers are stationary, the starter shall activate a starting device. Prior to the command, “take your mark” and until the feet leave the wall at the starting signal, the swimmer’s feet, including the toes, shall not be above or curl over the lip of the gutter or pool edge. Standing in or on the gutter, placing the toes above the lip of the gutter or curling the toes over the lip of the gutter, before the start, is prohibited.
3. An infraction/false start occurs when a swimmer:
  - a) Unnecessarily delays reporting for the start or assuming a starting position
  - b) Do not step into water feet first for an in water start
  - c) Does not remain stationary immediately prior to the start. Other swimmers are to be released by the starters’ command “Stand Up”
  - d) Leave the mark before the starting signal

4. The swimmer or relay team is disqualified from the event when in violation of any items 3a-d above
5. If the starting signal has been given before the disqualification is declared, the race shall continue without recall. When one or more swimmers have obtained an unfair advantage at the start, the race shall continue without recall but the swimmer(s) will be disqualified.

## ***VI. TIMERS:***

Times will be taken out to a hundredth place (.00).

**DUAL MEETS:** For each event there shall be two timers per lane with at least one person acting as backup timers for the entire group. The AVERAGE TIME of the two times shall be recorded as the official time. Every effort should be made to have one timer from each team.

**TRI MEETS:** For each event there shall be three timers per lane with at least two people acting as backup timers for the entire group. The AVERAGE TIME of the three times shall be recorded as the official time. If only two timers are available, times will be averaged. Every effort should be given to have one timer from each team.

## ***VII. STROKE JUDGES: USING THE MOST CURRENT STANDARDS, reference current videos, and rule book sources***

At least four adults from each team must participate in a two (2) part Stroke and Turn Clinic. Part one is a league classroom and will use the U.S.A. training video. Part two is a “lab” at your own pool.

Each team will donate \$15.00 to person teaching the Stroke Judge clinic.

All stroke regulations are governed by current NFHS swimming regulations. Please refer to the current rulebook, as regulations change.

A back flip turn is permissible during the course of the backstroke to the breaststroke change in the individual medley event. The turn must comply with specifications outlined in the current NFHS swimming rulebook.

In all matters relating to stroke judging, the benefit of the doubt shall be given to the swimmer.

#### **DISQUALIFICATION OF A SWIMMER OCCURS DURING TURN, TOUCH OR SWIM.**

One stroke judge is required to disqualify a swimmer.

Judges must judge at least 2 dual meets in order to judge prelims and championships.

Host team will appoint a point person for discrepancies or problems.

A referee will be on deck for preliminaries and championship meets, not applicable for 2018 season.

The judge will raise his/her hand to signal a disqualification or warning.

#### ***VIII.. MISCELLANEOUS RULES:***

a. The cancellation of a meet because of inclement weather shall be decided upon by the pool management. Morning meets will start no later than 10:00 a.m. If need be, coaches will make decision what event to drop.

b. Any official (Stroke Judge, Coach, Team Chairperson) may question verbal or physical behavior of a swimmer and, with the cooperation of the coach or team chairperson, will issue one warning to the swimmer and coach. If another infraction occurs after the warning, the swimmer will be eliminated from the meet.

c. If a swimmer knows in advance that, for any reason, he will be unable to participate in the Championships, he will not be eligible to compete in the Preliminaries.

d. Each team must provide a written list of all swimmers with first and last names, age group and gender actually participating in each dual meet to the host team to be turned into the score table and clerk of the course. This will be used to confirm Championship eligibility and also will assist the ribbon writers at the meets.

e. The host team of any meet shall have available at the scorer's table a current copy of the NFHS rules.

f. The host team of any meet shall have a pre-meet meeting with all officials, stroke judges, timers, coaches, and team chairpersons to discuss the running of the meet. Any agreed upon rule changes will be put in writing and signed by each team representative and kept at the score table prior to the start of the meet. The host team of any meet shall publish pre-meet instructions to help resolve logistical questions regarding the facility, warm up schedule, volunteer requirements, special instructions, designated crash area for each team.

g. A Novice event will be held at each meet, at the Coach's discretion. This is for new swimmers as well as challenged swimmers. They will swim with their age group in the Free Style, but their heat sheets will be marked "Novice". They will not get points, but they will be awarded ribbons in their competition with other Novice swimmers. A separate score sheet will be kept for Novice events.

h. If ANYONE is consuming alcohol during a meet, the sponsors will ask him/her to leave the area.

i. Outside interference with the judging or scoring will **NOT** be tolerated. Only the coaches may question a score or ruling. Representatives from the teams reserve the right to determine the appropriate action to take which could include loss of points, disqualification of swimmer or removal from grounds. Coaches should not approach stroke judges during the execution of the race.

j. Starting blocks will not be used at any meet.

k. Touch pads will not be used at any meet.

l. Un-sportsmanship conduct will not be tolerated at any time. Behavior must be consistent with the rules and regulations of the League. Un-sportsmanship conduct will result in asking the swimmer or persons involved to leave the facility. All earned points by the swimmer will be forfeited.

m. It is the responsibility of each team to control their swimmers, ensure cleanliness of their area, and to respect the hosting facility.

n. If a team of the League hosts at another pool a pre-determined monetary stipend will be charged to that team to cover costs of pool rental, lifeguards, etc.

o. Each team will pay \$100.00 to the host team for preliminaries and championships to help off-set costs.

p. The host team will be responsible for ordering and providing ribbons for the meet.

q. Coaches can discuss special needs swimmers each season and agree on adaptations or modifications for those swimmers.

r. Each coach/team must submit a list (including birthdates) of all eligible swimmers to the EKSL prior to the 1<sup>st</sup> regular season meet.

s. Any swimmer that requires a floatation device will need to be discussed by coaches before the swim meet and will be required to swim exhibition.