

# CENTRAL PENNSYLVANIA SWIM LEAGUE RULE BOOK

The primary goal of the Central Pennsylvania Swim League is to teach youngsters the fundamentals of competitive swimming, sportsmanship and teamwork. The following rules and regulations provide a structure for league operation and a foundation for conducting meets.

This rulebook is a combination of the NCAA rulebook and the by-laws of the Central Pennsylvania Swim League as of the Spring of 2000. The guidelines from the swim league have been made into rules.

This rulebook's design is based on the original design of the Central Pennsylvania Swim League. Future reference to the Central Pennsylvania Swim League will be seen as CPSL.

## I. League Membership

*A. Pool organizations located in Central Pennsylvania are eligible for membership.*

*B. Associate Members: Pool organizations who do not wish to become members may become associate members under the following conditions:*

1. Associate members that schedule non-league meets with active teams when mutually agreeable.
2. May participate in individual/team championship competition on a fee basis, determined by the coordinating committee.
3. May be required to pay a league fee.

*C. Membership Responsibilities:*

1. Compete in meets according to the schedule approved by the coordinating committee.
2. Provide officials for each meet (see Rule 4)
3. All meets will be conducted according to CPSL rulebook

## II. League Administration

### A. Coordinating Committee

1. Representative from each pool in the league will have league administrative duties.
2. The representatives will act as liaisons between the league, team coaches, pool's board of directors and will have delegated responsibility to participate in decisions on fee assessment.
3. Representatives will be appointed at the close of the swimming season to serve for the following two calendar years beginning October 1.
4. The head of the committee, League President, will be one of the committee members of a representative pool(s) and serve on a two year rotating basis.
5. The league treasurer will account for the payment of championship awards and other league-related expenses and will serve from January 1 to December 31 of year selected. Funds will be held in and at a local bank. A financial statement will be presented to the coordinating committee at the organizational meetings each year.
- 6. Committee is responsible for getting rules and regulations to all participants in the CPSL.**
- 7. Committee Responsibilities**
  - a) **Schedule league and championship meets**
  - b) **Determine team league fees**
  - c) **Inform coaches and swimmers of league policies.**
  - d) **Collect league fees from each member pool.**
  - e) **The league coordinator will be responsible for development of the league schedule, purchase and distribution of cards used for league meets and championship meets.**
- 8. Committee Meetings: At minimum, the league shall hold 3 meetings each year.**

- a) **One to evaluate the season**
- b) **One to propose possible changes to league rules or format**
- c) **One to discuss and settle any league problems and set league and championship schedules.**

9. **Decisions concerning league membership, fees, scheduling and meet regulations will be decided by a majority vote of the committee. Each team will have one vote.**

**III. League meets will take place according to a schedule approved by the Coordinating Committee.**

#### **IV. League Administration Personnel**

##### ***A. League President***

1. **The League President will preside over all league meetings – bring meeting to order, start discussion, bring items to a vote, and adjourn meetings.**
2. **The League President may assign administrative duties to the members of the pool representatives.**
3. **The League President has final interpretation of rules and regulations governing the CPSL.**

##### ***B. League Treasurer***

1. **The League Treasurer is in charge of all league expenditures and keeping league account books up to date.**
2. **The League Treasurer will be in charge of all out going checks**

##### ***C. League Secretary***

1. **The League Secretary will keep the minutes of all league meetings.**
2. **The League Secretary will keep all by-law changes along with an updated copy of the rules and regulations of the CPSL.**

## RULE 1

### SECTION 1 POOL DIMENSIONS

#### Starting Depth

Article 1. For all League and Championship swimming competition, the water depth may be no less than 5 feet at the starting end of the racing course.

#### Number of Lanes

Article 2. Effective September 1, 1995, all League and Championship swimming competitions shall be conducted in racing courses having a minimum of six lanes.

#### Standard Length

Article 3. Effective September 1, 1995, all League and Championship swimming competitions will be conducted in racing courses of standard length (75 feet or 25 meters)

### Section 2.

## GENERAL

#### Facility Adaptations

Article 1. Lifeguards - one or more lifeguards, with current certification, must be on duty during any swimming competition, including warm-ups.

#### End Walls

Article 2. The end walls of the racing course shall be perpendicular to the racing course, parallel to each other and vertical to a water depth of no less than 5 feet at the starting end. The end walls shall establish the length of the racing course (see rule 1-1) with in a tolerance of plus (+) one-half inch. There shall be no protrusions, light fixtures, underwater windows or inlets in the end walls for a depth of at least 3.5 feet [1.06m] below the lever of the perimeter overflow rim. The end walls should be finished bulkheads, which shall be designed and installed so as to prevent distortion by the tension exerted when racing lanes are in place.

#### Deck

Article 3. The deck of the pool should be no more than 12 inches [30.48cm] above the surface of the water. Deck space on the diving end should permit sufficient space for installation of all diving equipment and additional area for the free movement for competitors and officials.

#### Ladders

Article 4. All ladders, steps or stairs should be recessed in the side pool walls or be easily removable during competition.

#### Lighting

Article 5. It is important that sufficient overhead lighting be installed with concentration directly over both the turning and finish lines. One hundred (100) foot-candles (107.61x) are recommended. Underwater lights may be installed at the sides and at the ends. End lights should be located under lane-line anchors at a depth of 3.5 feet [1.06m] with a switch for each light.

### Pool Markings

Article 6. Lines should be placed on pool bottoms to serve as guides for each swimmer, and the color of these lanes (preferably black) should be in marked contrast to the general color of the pool. Such lines should be at least 12 inches [30.48cm] wide and should be placed approximately in the center of each swimming lane. As these lines approach the end of the pool, it is recommended that distinctive "T" markings be placed on the bottom. It is recommended that identical target lines 12 inches [30.48cm] wide be placed on each pool end wall or electronic contact pad, in the approximate middle of each lane, extending from the top to at least 3.5 feet [1.06m] below the surface water. The top edge of deck-level pool must be marked with a contrasting color to provide a visual target at the end of the pool. In existing pools where target lines are not present, each end wall must have visible target lines 12 inches [30.48cm] wide or turning pads so marked. Failure to provide such markings will result in forfeiture of the meet by the host institution. An exception may be allowed where stainless steel gutters overlap the turning target, so long as the overlap does not exceed 18 inches [45.72cm]. Where practical, lanes should be numbered from right to left as the swimmer stands facing the course. Each lane should be clearly marked so that it may be identified easily by finish judges stationed on the sides of the pool.

### Starting Platforms

Article 7. Starting platforms are required for championship meets and should be provided for league meets. Starting platforms shall be installed so as to be stable at all times. The front edge of the starting platform may not exceed 30 inches [76.20cm] in height above the surface of the water and may not extend over the water beyond the end of the racing course. The length of the starting platform should not be less than 20 inches [50.80cm] and may not be more than 34 inches [86.36cm]. The top of the platform must be a plane surface, and the maximum slope of that surface toward the water may not be more than 10 degrees below horizontal. The top must be covered with a non-slip material. The lane number should be visible from all sides of the platform. Firm starting grips for backstroke starts must be provided. These grips shall be located no more than 30 inches [76.20cm] above the surface of the water. They may not extend over the water beyond the end of the racing course.

### Overflow System

Article 8. the overflow system is a method of conveying water beyond the perimeter overflow rim of the pool. It should guarantee that the level of the water in the pool is not lower than the overflow rim of the pool at all times. It should maintain a smooth quiet surface in the pool during competition. It should prevent the accumulation or overflow of pool water onto the deck area where meet officials work. It should effectively skim the water surface at all times.

### Backstroke Flag-Line Anchors

Article 9. Permanent provision should be made to anchor backstroke flag lines with minimum sag. At least three triangular pennants of two or more alternating colors should be suspended over each lane from top lines located 5 yards from each end of a 25-yard racing course [5 meters from each end of a 25-meter racing course] and approximately 7 feet [2.13m] above the water surface. These pennants should be 6 to 12 inches [15.24 to 30.48cm] in width and 12 to 18 inches [30.48 to 45.72cm] in length. In any event where the backstroke is swum, failure to provide these pennants shall result in disqualification of the host competitors.

### Lane-line Anchors - Floats

Article 10. Permanent provision should be made to anchor lane lines at the competitive water level in a recessed receptacle. Tightly stretched, easily visible floating lane markers, with joining to from a continuous cylinder marking the lateral limits of each lane, should be provided for dual meets and must be available for championships meets. It is recommended that the last 15 feet [4.57m] at each end of the lane line be a contrasting color with the remainder of the lane.

### Recall Rope

Article 11. A recall rope, which may be dropped across the lanes in case of a false start, shall be available. This rope shall be located approximately 60 feet from the takeoff in a 25-yard racing course, or 20 meters from the takeoff in a 25-meter racing course. Permanent provisions should be made to anchor the recall rope, with a quick-release mechanism, so that when it is suspended it clears the water by at least 4 feet [1.22m] at its lowest point.

### Air Temperature

Article 12. Competition will be held at coach's discretion if air temperature is 65 degrees or below

### Thunder and Lighting

Article 13. In the case of thunder or lightning the pool will be cleared for a minimum of 15 minutes and a maximum of 20 minutes at the pool manager's discretion.

## RULE 2

### DESCRIPTION OF EVENTS AND PROCEDURES

#### Section 1. THE OFFICIAL

#### START

Article 1. In all swimming races with the exception of backstroke and medley relay races, upon a preliminary signal by whistle from the referee, the swimmers shall line up behind or beside their respective starting platforms. The referee may give brief instructions deemed necessary. The referee will give a long whistle, indicating that the swimmer should step up to his or her starting platform or enter the water in the case of backstroke. An oral command to "Step Up" or "Swimmers Enter the water" may also be given at the referee's discretion. The referee then shall turn control of the competitors over to the starter. After receiving clearance from the referee, the starter may give brief instructions deemed necessary. Then, upon the starter's verbal command "Take your mark," each swimmer, with unnecessary noise or movement, immediately shall assume any desired starting position with at least one foot on the front edge of the starting platform. (With prior approval of the referee, a swimmer may start in the water but must have at least hand on the wall or starting platform.) Sufficient time shall be allowed to enable each swimmer to assume a motionless starting position; however, all swimmers are expected to take their starting positions at approximately the same time, and unnecessary noise, movement or delays shall not be permitted. When the starter sees that the swimmers are motionless, the starter shall start the race with a pistol shot and /or and electronic-sound device. A track-type starting block may not be used. Relay starts

done in the non-starting end must be from an in-water start in depths less than 5 feet (any part of the swimmer's body must be touching the wall when preceding swimmer touches.)

### Backstroke Start

Article 2. In the backstroke start, upon a preliminary signal by whistle from the referee, the swimmers shall line up in the water within their respective lanes. Each swimmer shall be facing the starting mark and shall have both hands in contact with the end of the pool or the starting platform. The feet may be located at the discretion of the swimmer. The referee may give brief instructions deemed necessary. The referee then shall turn control of the competitors over to the starter. After receiving clearance from the referee, the starter verbally shall direct the swimmers to "Place your feet," at which time, without excessive noise or movement, each swimmer, if not already in position, shall use both hands to grasp the starting grips (including the gutter, the end of the pool or any part of the starting platform) and shall place his or her feet on the wall so that some part of each foot is touching the water and the toes are flat against the wall. The toes may not curl around any part of the pool edge such as a gutter. The starter may give brief instructions deemed necessary. Then, upon the starter's verbal command "Take your mark," each swimmer, with no unnecessary noise or movement, immediately shall assume any desired starting position that does not remove either foot from the water; that does not remove either foot from contact with the end of the pool, and that does not remove either hand from the starting grips. Sufficient time shall be allowed to enable each swimmer to assume a motionless starting position; however, all swimmers are expected to take their starting positions at approximately the same time, and unnecessary noise, movement or delays shall not be permitted. When the starter sees that the swimmers are motionless, the starter shall start the race with a pistol shot and/or electronic-sound device. Standing in or on the gutter or curling the toes over the lip of the gutter is not permitted at any time after the command "Place your feet" and before the first length of the race is completed. A backstroke starting block may not be used.

### False Starts

#### Article 3.

a. After the command "Take your mark" and before the starting sound, the starter may release the swimmers from the starting position with the command "Stand up." This allows each swimmer in the forward start to move away from the front edge of the starting platform and, if desired, to step off the platform.

The backstroke start, each swimmer also is released from the starting position but must remain in the starting area.

b. After the command "Take your mark," all swimmers entering the water or otherwise leaving their marks, before the starting sound or before being released from the starting position, shall be charged with a false start. The starter must release all other swimmers immediately from the starting position.

c. Swimmers entering the water or otherwise leaving their marks in reaction to the command "Stand up," subject to the discretion of the referee and/or starter, shall not be charged with a false start.

d. When the starting sound has been given and an unfair advantage has been obtained by one or more swimmers, all swimmers shall be recalled at once with a pistol shot and/or electronic-sound device by the starter, recall starter or referee. The starter, recall starter and /or referee then shall indicate the swimmer(s), if any, to be charged with a false start. Swimmers not obtaining an unfair advantage, even though they have entered the water, shall not be charged with a false start.

e. A swimmer whose unnecessary delays in assuming and holding a motionless starting position after the command "Take your mark" shall be charged with a false start.

f. Any swimmer responsible for an unnecessary delay after the referee's preliminary command or signal shall be charged with a false start.

g. In championship meets, dual confirmation is required to confirm a false start, a swimmer may be charged with a false start only if the violation is observed and confirmed by at least two of the following officials: starter, recall starter, referee. Dual confirmation of false starts is recommended for non-championships meets whenever there is an adequate number of officials.

h. Each swimmer shall be allowed one false start per race before being disqualified. Upon disqualification, the swimmer may still swim, but no time will be recorded.

#### Optional Instruction and Signals

##### Article 4.

a. Before turning control of the competitors over to the starter, the referee may give brief instructions concerning, but not limited to, the following topics:

1. Spectator control (e.g. "May we have quiet for the start, please"). This type of instruction is needed only if the background noise is such that one or more competitors may have difficulty hearing the starter's commands.
2. Clearing of watches (e.g. "Timers, please clear your watches"). This type of instruction usually is needed only at the start of a session, after an intermission, or when the starting sound has been given and the swimmers have been recalled.
3. False starts (e.g. "There are no false starts"). This type of instruction is needed only when a situation that might result in a false start has occurred, but no false start is charged.
4. Clearing the starting platforms (e.g. "Clear the starting platforms, please"). This type of instruction is needed only when swimmers have mounted the starting platforms before the starter's command "Step up."
5. Clearing the starting area or the racing course (e.g. "Please clear the starting area"; "Please clear the pool"). This type of instruction is needed only when there is an unusual delay between races in clearing the starting area or the racing course. Such problems often are addressed before the referee's preliminary signal by whistle.
6. Turning control of the competitors over to the starter (e.g. "Mr. starter"; "Madam starter"; "All ready for the start"). A hand signal or signal by whistle maybe used in place of verbal signal. In some dual meets one person may serve as both the referee and starter. In such cases, no signal is needed; the official simply assumes the roles of the referee and starter in succession.

b. Before the command "Take your mark," the starter may give brief instruction concerning, but not limited to, the following topics. Within any given meet, the wording of optional instruction given by the starter(s) should remain consistent in all similar situations.

1. Event (e.g. "200-yard individual medley"). This type of instruction sometimes is used to help establish and maintain a starting rhythm and to alert the swimmers to the sound of the starter's voice.
2. Failure of the swimmers to rapidly assume a motionless starting position after the command "Take your mark" (e.g. "All swimmers must come down together and hold a steady position"). This type of instruction is needed only if the swimmers have been released from the starting position due to a delay response on the part of one or more swimmers and/or due to general movement along the starting line.
3. Excessive noise or movement by one or more swimmers after the starter takes control (e.g. "There can be no unnecessary noise or movement while on the starting blocks"). This type of instruction is needed at any time after the comment "Step up" (or "Place your feet") and before the starting sound has been given, there is behavior (noise or movement) which is designed or likely to startle, intimidate, disturb, or cause concern to other competition and thus which may tend to hinder the achievements of a fair start. The phrase "excessive noise or movement" usually is interpreted to include action such as hand claps, yells, taunts between competitors, major body movements, and deliberate feints toward the water. It should not be interpreted to include actions such as deep
4. breathing, positioning goggles, adjusting caps or suits, or mild shaking of the head arms or legs.

## Section 2: SWIMMING EVENTS

### Backstroke

Article 1.a. The backstroke start shall be used.

b. The swimmer shall push off on the back (i.e. with the upper shoulder at or past the vertical toward the supine position) and, except when turning, must continue swimming on the back throughout the race. Some part of the swimmer's person must break the surface of the water at all times, except that the swimmers may remain wholly submerged when turning and for a distance of not more than 15 meters [49ft. 2.55 in.] after the start and after each turn by which distance the swimmer's head must break the surface of the water.

c. Some part of the swimmer's person must touch the end of the racing course during each turn. After any part of the swimmer's head has passed the backstroke flags (20-yard mark), the swimmer's upper shoulder is allowed (but not required) to rotate past the vertical toward the prone position before the touch is completed provided such rotation is accompanied by an immediate initiation of the turning action. The immediate initiation of the turning action shall be accomplished by a single-arm or simultaneous double-arm pull, or in the absence of such pulls, by a downward, underwater movement of the head. After the initiation of the turning action, no additional arm pulls may be started and no gliding actions are permitted.

1. If the swimmer's upper shoulder does not rotate past the vertical toward the prone position before the touch is completed, the swimmer may then turn in any manner desired.

- d. After the turn, the swimmer's upper shoulder must be at or past the vertical toward the supine position when the swimmer leaves the end of the racing course during manner desired.
- e. At the finish of the race, the swimmer's upper shoulder must be at or past the vertical toward the supine position when he or she touches the end of the racing course with the hand, head or forearm.
  1. At the finish of the race, for those participants under age 8, the lane timer, coach or assistant coach may “catch” the head of the participant. This shall be done by sliding one hand down along the wall, becoming a “pad” on the wall. The catching hand must stay in contact with the wall at all times.
  2. Note 1: In judging the backstroke turn, it is recommended that the turn judge be placed, whenever possible, directly over the end of the lane.
  3. Note 2: In backstroke relay events, all takeoffs except the initial one shall be made from a forward start as described in Rule 2-2-7-c. After the dive, swimmers are permitted a single-arm pull in the prone position before turning over on their backs.

## Breaststroke

### Article 2.

a. The forward start shall be used.

b. A complete stroke cycle shall consist one arm stroke followed by one leg kick. A stroke cycle may be initiated only by an arm stroke. Each time the swimmer's hands begin their lateral and/or downward press, a new stroke cycle shall have been started. Drifting apart of the hands shall not constitute the start of a stroke cycle. Each time the swimmer finishes a leg kick, a stroke cycle shall have been completed. An incomplete stroke cycle, consisting of an arm stroke without a following leg kick, may be used immediately before the touch at each turn or at the finish. Two arm strokes without an intervening leg kick or two leg kicks without an intervening arm stroke may not be used at any time.

c. The body shall be kept in the prone position (i.e. Face down) with the shoulders in a horizontal plane. This prescribed body position shall be attained by the beginning of the first stroke cycle after the start and after each turn, and shall be maintained thereafter until the touch is made at the next turn or at the finish.

d. All forward and backward components of motion of the two arms shall be simultaneous; and, throughout the propulsive phase of the arm stroke, corresponding points on both hands shall be at the same horizontal level. The hands shall be pushed forward together on, under or over the surface of the water. A butterfly style recovery is not permitted. The hands shall be pulled back simultaneously on or under the surface of the water. The hands shall not be brought back beyond the hipline except during the first stroke cycle after the start and after each turn when the swimmer may take one arm stroke with the hands coming back to the thighs. There shall be no sculling with the hands at the end of the first arm stroke after the start and each turn.

e. All forward and backward components of motion of the two legs shall be simultaneous; and throughout the propulsive phase of the leg kick, corresponding points on both feet shall be at the same horizontal level. The toes of both feet must be turned laterally (by outward rotation of the legs) during each backward movement of the legs. A "dolphin", scissor, or flutter kick is not permitted. That is, propulsive movements of the feet resulting from flexion with subsequent extension of the knees in a vertical plane while the feet are in a plantar flexed position are prohibited. Breaking the water surface with the feet shall not constitute a violation unless it is caused by a "dolphin" kick.

f. At each turn and at the finish, the touch shall be made with both hands simultaneously. Before the touch, the shoulders must remain in a horizontal plane. Once a legal touch has been made, the swimmer may turn in any manner desired. After the turn, the shoulders must be at or past the vertical toward the prone position when the swimmer leaves the end of the racing course during the push-off.

g. At some time during each complete or incomplete stroke cycle, except the first cycle after the start and after each turn, a part of the swimmer's head must break the surface of the water.

h. Start and Turn: After the start and after each turn, the swimmer may take one complete stroke cycle while wholly submerged; the swimmer may take one arm stroke completely back to the legs, a single downward dolphin kick, followed by a breaststroke leg kick while wholly submerged. The swimmer's head then must break the surface of the water by the time the swimmer's hands reach the widest part of the second arm stroke after the start and after each turn.

#### Butterfly

Article 3.a. The forward start shall be used.

b. After the start and after each turn, the swimmer is allowed one or more leg kicks but only one arm pull under water. The first arm pull after the start and after each turn must bring the swimmer to the surface of the water. It shall be permissible for a swimmer to remain completely submerged for not more than 15 meters (16.4 yards) after the start and after the turn in each race.

c. Immediately upon entering the water after leaving the starting platform and no later than the beginning of the first arm pull after each turn, the swimmer's body shall be in the prone position (i.e. face down) with the shoulders in a horizontal plane. This body position shall be maintained until the touch is made at the next turn or at the finish.

d. All forward and backward components of motion of the two arms shall be simultaneous; and, at any given time except when the swimmer is turning, corresponding points on both hands shall be at the same horizontal level, The arms shall be brought forward over the water and pulled backward on or under the surface of the water.

e. All upward and downward components of motion of the two legs shall be simultaneous. Although at any given time the feet may be at different horizontal levels, there shall be no

alternating movements of the legs and/or feet. A breaststroke or scissors-kicking movement may not be used.

f. At each turn and at the finish, the touch shall be made with both hands simultaneously and in the same horizontal plane. Before the touch, the shoulder must remain in a horizontal plane. Once a legal touch has been made, the swimmer may turn in any manner desired. From the time the swimmer leaves the end of the racing course after a turn until the start of the first arm pull after that turn, the shoulders must be at or past the vertical toward the prone position.

#### Crawl Stroke

Article 4. The Crawl stroke is the most common stroke used under freestyle rules. It is a stroke that employs an alternating above-water recovery of the arms with an alternating up and down kicking movements.

#### Freestyle

##### Article 5.

- a. The forward start shall be used.
- b. In a freestyle event, any style or combination of styles may be used. However, in medley relay or individual medley events, the term "freestyle" means any stroke other than butterfly, backstroke or breaststroke. Times achieved in a freestyle event can be recorded only as freestyle times regardless of the stroke used.
- c. At each turn, some part of the swimmer's person must touch the end of the racing course.
- d. The swimmer may remain wholly submerged for a distance of not more than 15 meters (49 ft, 2 in.) after the start and after each turn at which time the swimmer's head must break the surface of the water.

#### Individual Medley

##### Article 6.

- a. The forward start shall be used.
- b. The swimmer shall swim the prescribed distance as follows: the first one-fourth, butterfly; the second one-fourth backstroke; the third one-fourth, breaststroke, and the last one-fourth, freestyle. The swimmer must comply with the rules of the stroke designated for each one-fourth of the race.
- c. Intermediate turns within a given stroke shall conform to the turn rules for that stroke.
- d. Transition turns between strokes shall conform, before the touch, to the finish rules for the stroke being completed and, after the touch to the turn rules for the stroke about to be swum. These turns shall be performed as follows:
  1. Butterfly to backstroke -- The touch shall be made with both hands simultaneously and in the same horizontal plane. Before the touch, the shoulders must remain in a horizontal plane. Once a legal touch has been made, the swimmer may turn in any manner desired; however, the swimmer's upper shoulder must be at or past the vertical toward the supine position when the swimmer leaves the end of the racing course during the push-off.

2. Backstroke to breaststroke -- The swimmer's upper shoulder must be at or past the vertical toward the supine position when he or she touches the end of the racing course with the hand, head or forearm. Once a legal touch has been made, the swimmer may turn in any manner desired; however, the shoulders must be at or past the vertical toward the prone position when the swimmer leaves the end of the racing course during the push-off.

3. Breaststroke to Freestyle -- The touch shall be made with both hands simultaneously. Before the touch, the shoulders must remain in a horizontal plane. Once a legal touch has been made, the swimmer may turn in any manner desired.

#### Freestyle Relay

Article 7.a. Each relay team shall consist of four swimmers, with each to swim one-fourth of the prescribed distance continuously. No person shall swim more than one leg of a relay race.

b. The lead off swimmer shall use the forward start.

c. Each succeeding swimmer on the relay team shall take off using a forward dive as follows:

1. The swimmer is allowed (but not required) to use a step-forward start (i.e. to move forward on the top of the starting platform immediately before takeoff); however, all velocity in the start must be generated after the swimmer is on the platform.

2. The swimmer may be in motion when the preceding teammate finishes his or her leg of the race; however, the swimmer must have at least one foot in contact with the starting platform, at or near the front edge of the platform, when (or after) the teammate finishes.

3. If the swimmer leaves the starting mark before the preceding teammate finishes his or her leg of the race, that relay team shall be disqualified.

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Note: When judging a relay takeoff, it is recommended that the takeoff judge's attention be focused on the front edge of the starting platform, not on the swimmer in the water. When the second, third or fourth swimmer leaves the starting platform, the takeoff judge should determine whether or not the previous swimmer has completed his or her leg of the race.

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e. Without crossing the lane of any other team, each of the first three swimmers must leave the racing course promptly upon finishing his or her leg of the race. The final swimmer may cross the lanes of other teams when leaving the racing course, but only after the entire race is completed.

f. When automatic judging and timing equipment is used, swimmers must touch the pads in their lanes at the end of the racing course to have finished their legs of the relay.

2. The coach or assistant coach of the swimmers in the relay team may switch a swimmer with a swimmer not in the relay. Proper notification must be made to the scorer's table.

#### Medley Relay

Article 8.a. Each relay team shall consist of four swimmers, with each to swim one-fourth of the prescribed distance continuously as follows: first, backstroke; second, breaststroke; third, butterfly, and fourth, freestyle. All relay team members must swim their phase of the race complying with all rules governing their strokes. No person shall swim more than one leg of the relay race.

b. The lead off swimmer shall use the backstroke start.

c. Rules 2-2-7-c, d, e and f apply to both freestyle and medley relay events.

Violations Article 9. Violations of any of the provisions in Section 2 must result in the disqualification of the offender.

### Section 3:

#### FINISH

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##### All Races

Article 1. In all swimming races, each swimmer shall have finished the race when the swimmer touches the end of the racing course after the prescribed distance has been covered. When automatic judging and timing equipment is used, the touch pads are considered the end of the racing course.

##### Breaststroke, Butterfly and Backstroke

Article 2. The breaststroke, butterfly and backstroke must conform to the finish requirements specified in Rules 2-2-2-f, 2-2-3-f and 2-2-1-e.

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##### Automatic Equipment

Article 3. When automatic judging and timing equipment is used, swimmers must touch the pads in their lane at the end of the racing course, to have finished the race or their lag of the relay.

##### Violations

Article 4. Violations of any of the provisions of Section 3 must result in disqualification.

### Section 4: FOULS

#### Interference

Article 1.a. Any competitor who interferes with another swimmer during a race shall be disqualified from that race, subject to the discretion of the referee. If a foul occurs, the referee may order the race swum over if, in his or her opinion, sufficient unfairness prevailed. No person shall be required, as a consequence of this rule, to swim with less than 30 minutes rest between a repeated race and any of that person's regularly scheduled races.

b. A swimmer who deliberately changes lanes during a race may be disqualified.

c. Any interference with a meet official in the performance of that person's duties will be considered for disciplinary action by the referee or meet committee.

#### Entering Between Races

Article 2. No swimmer may enter the water between races without the referee's approval. Entry without approval is subject to disqualification from the swimmer's next scheduled competition in that meet. Dipping goggles in the water between races and/or splashing water on one's face or body between races shall not be considered to be entering the water. These practices are allowed without the referee's approval.

#### Entering During Competition

Article 3.a. A team representative or spectator who enters the water in the area in which a race is being conducted before all contestants have completed the race may disqualify all of his or her team's entrants in that race.

b. A competitor who enters the water in the area in which a race is being conducted before all contestants have completed the race shall be disqualified from his or her next scheduled competition in that meet and, in addition, may disqualify all of his or her team's entrants in that race.

#### Resting

Article 4. Standing upon the bottom in the shallow end of the racing course during competition is allowed only for the purpose of resting. Walking on or jumping from the bottom in the shallow end must disqualify the offender.

#### Reentering

Article 5. Once a swimmer leaves the water at the completion of a race, that person may not reenter the water without the referee's approval. Reentering during a relay event shall disqualify that swimmer's relay team. Reentering during an individual event shall disqualify the violator.

#### Improper Conduct

Article 6. Acts of unsporting or unsafe conduct will be considered for disciplinary action by the referee or meet committee. This includes the use of obscene or vulgar language by coaches, student-athletes and institutional representatives.

#### Rules of Conduct:

1. Everyone must respect all meet officials, parent volunteers, and other swimmers.
2. Obscene and abusive language will not be tolerated towards anyone. This includes name-calling and labeling.
3. Harmful or potentially dangerous physical contact will not be tolerated.
4. Tobacco, alcohol and illegal drugs will not be permitted at any Central Pennsylvania Swim League function.

#### Consequences:

First Offence: Person committing offence will be given a warning that their behavior is not acceptable.

Second Offence: Participant will be disqualified from previous event. Spectators will be given second warning.

Third Offence: Participant will be disqualified from meet. This includes all events completed as well as events not completed. Spectators will be escorted from the facility.

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NOTE: Rule 2 (inclusive) is a conduct rule and cannot be changed by mutual consent.

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## RULE 3

### COMPETITORS

#### Section 1. General

a. Team membership is defined as swimmers who are registered and included on a team roster. Only those team members that are registered on or before July 1 can compete for points in league meets. If a swimmer joins after July 1, they may swim as an exhibition swimmer in the regular dual meet season, but may not swim in point events, either individual or relay events. That swimmer may swim in championships if they have swum in at least two regular dual meets during the scheduled season. Teams are to have a copy of their complete roster at each meet. Only swimmers listed on this roster may compete. Members may compete for only one pool and may not compete in any other league program (this includes exhibition.) Violators will be disqualified from further participation in the CPSL.

EXCEPTION: Swimmers who join after July 1 may petition the CPSL committee for extenuating circumstances, such as moving into the area late, to be permitted to become point scoring team members after the July 1 registration deadline. Simply forgetting to register will not qualify for a petition. The CPSL committee will rule by simple majority vote which may be taken verbally or in writing.

b. A swimmer will participate in an age group as determined by their age on or before June 1. Swimmers may compete through Championships after graduating high school provided they are eighteen or younger by June 1.

c. Swimmers may swim in only one age group during a meet, except 6 year olds may participate in the 8 and under medley and free relay and move back to the 6 and under bracket. A 6 and under swimmer may also swim in the 8 and under Breast and Butterfly. Swimmers may only "swim up" one age group from their roster age group.

d. During a regular season meet, each swimmer may swim a maximum of 4 events, including exhibition. However, only 3 of these events may be individual events. In the case of a violation of this rule, the swimmer is disqualified from the entire meet and no points are awarded for that swimmer and his/her relay. EXCEPTIONS TO THE FOUR EVENT RULE: Teams whose roster lists 7 or fewer swimmers in a given age group for the season may allow swimmers in that age group to swim a maximum of 5 events, where only four may be individual events.

- e. Swimmers on blocks must be named on event cards. Timers should verify the names of swimmers. Names on the cards must match names on scoring forms. A scorekeeper who observes a discrepancy must call it to the attention of the swimming coach
- f. Swimmers with the same last names must have the first names on the entry sheet, no matter what age group, boy or girl.
- g. Coaches must provide two copies of competitor rosters for scorers 30 minutes in advance of the start of the meet. In meets where Meet Manager software is used, the full roster must be provided to the host team by 9 PM the evening before a dual meet, along with the meet entries file.
- h. Swimmers must swim in 2 league meets to qualify for participation in league championships.
- i. Females must swim in girl's events and males must swim in boy's events.
- j. Any swimmer who misses their event/heat shall not be allowed to swim that event, nor will they be added to another heat.
- k. Any exceptions to the above rules need to be addressed by the meet referee.

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#### Artificial Aids

Article 2. No swimmer is permitted to wear or use any device or foreign substances to help his or her speed or buoyancy in competition. Pulling on a lane line to assist forward motion is not permitted. Temporarily applied adhesives may not be used to assist the backstroke start; however, host institutions are encouraged to have all end walls and touch pads finished with a permanent or semi-permanent non-slip surface. Goggles may be worn and rubdown oil may be applied if not considered excessive by the referee.

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NOTE: Rule 3-1-2 is a conduct rule and cannot be changed by mutual consent.

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#### HIV and HBV Precautions

Article 5. Aggressive treatment of open wounds or skin lesions should be followed. In particular, whenever a swimmer suffers a laceration or wound where oozing or bleeding occurs, the practice or competition should be stopped at the earliest possible time and the swimmer or diver should leave the pool and be given appropriate medical treatment. The meet referee or meet committee shall have authority to suspend the competition until medical personal have had an appropriate amount of time to treat the injury. The student-athlete should not return to the pool without approval of medical personnel.

NOTE: Rule 3-1-5 is an unalterable administrative rule and cannot be changed by mutual consent.

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### Section 2. NUMBER OF EVENTS

#### Non-championships Meets

Article 1.a. Each swimmer shall be allowed to swim any one of the following combinations of events:

1. Three individual events and one relay

2. Three individual events
3. Two individual events and two relays
4. Two individual events and one relay
5. Two individual events
6. One individual event and one relay
7. One individual event and two relays
8. One event
9. Two relays
10. One relay

b. In double-dual, triangular and quadrangular meets, the number of events that a participant may swim will be the same as listed in Rule 3-2-1-a.

c. Relay meets

The number of events that each participant may swim shall be decided by the coordinator of the relay meet.

d. Invitational meets

The number of events that a participant may swim will be the same as listed in Rule 3-2-1-a.

e. Championship Meets

Article 2. Participants may compete in championship meets if they have swum in at least two regular season meets during the season.

1. Participants that do not have a time for an event will be entered as “No time” with the slowest heat.

2. All entry times must be obtained during the current CPSL Summer season in which the Championship meet is held and must be received by the host team(s) by 5 p.m. on the Friday preceding the Championship meet.

3. Championship seeding times should be submitted in yards.

4. Participants may swim in up to 4 events, at least one of which must be a relay event, regardless of how many rostered swimmers his/her team has in that age group.

5. Participants may be entered into those events as of the date of entry submission prior to Championships. If a swimmer must be scratched from an event, they may be removed from one event, but may not be entered into another individual event. If a scratched swimmer affects a relay entry, other swimmers may be substituted; however, this does not overrule the 4 event maximum rule or additional entries into individual events.

### Section 3. LIST OF EVENTS

Article 1. The following is a complete list of the events that shall be swum in all CPSL Meets.

Event #	Description	Event #	Description
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- 1 Girls 8 & Under 100 Y/M Medley Relay
- 2 Boys 8 & Under 100 Y/M Medley Relay
- 3 Girls 9-10 100 Y/M Medley Relay
- 4 Boys 9-10 100 Y/M Medley Relay
- 5 Girls 11-12 200 Y/M Medley Relay
- 6 Boys 11-12 200 Y/M Medley Relay
- 7 Girls 13-18 200 Y/M Medley Relay
- 8 Boys 13-18 200 Y/M Medley Relay
- 9 Girls 6 & Under 25 Y/M Freestyle
- 10 Boys 6 & Under 25 Y/M Freestyle
- 11 Girls 7-8 25 Y/M Freestyle
- 12 Boys 7-8 25 Y/M Freestyle
- 13 Girls 9-10 25 Y/M Freestyle
- 14 Boys 9-10 25 Y/M Freestyle
- 15 Girls 11-12 50 Y/M Freestyle
- 16 Boys 11-12 50 Y/M Freestyle
- 17 Girls 13-14 50 Y/M Freestyle
- 18 Boys 13-14 50 Y/M Freestyle
- 19 Girls 15-18 50 Y/M Freestyle
- 20 Boys 15-18 50 Y/M Freestyle
- 21 Girls 9-10 100 Y/M IM
- 22 Boys 9-10 100 Y/M IM
- 23 Girls 11-12 100 Y/M IM
- 24 Boys 11-12 100 Y/M IM
- 25 Girls 13-14 100 Y/M IM
- 26 Boys 13-14 100 Y/M IM
- 27 Girls 15-18 100 Y/M IM
- 28 Boys 15-18 100 Y/M IM
- 29 Girls 8 & Under 25 Y/M Breaststroke
- 30 Boys 8 & Under 25 Y/M Breaststroke
- 31 Girls 9-10 25 Y/M Breaststroke
- 32 Boys 9-10 25 Y/M Breaststroke
- 33 Girls 11-12 50 Y/M Breaststroke
- 34 Boys 11-12 50 Y/M Breaststroke
- 35 Girls 13-14 50 Y/M Breaststroke
- 36 Boys 13-14 50 Y/M Breaststroke
- 37 Girls 15-18 50 Y/M Breaststroke
- 38 Boys 15-18 50 Y/M Breaststroke
- 39 Girls 6 & Under 25 Y/M Backstroke
- 40 Boys 6 & Under 25 Y/M Backstroke
- 41 Girls 7-8 25 Y/M Backstroke
- 42 Boys 7-8 25 Y/M Backstroke
- 43 Girls 9-10 25 Y/M Backstroke
- 44 Boys 9-10 25 Y/M Backstroke
- 45 Girls 11-12 50 Y/M Backstroke
- 46 Boys 11-12 50 Y/M Backstroke

- 47 Girls 13-14 50 Y/M Backstroke
- 48 Boys 13-14 50 Y/M Backstroke
- 49 Girls 15-18 50 Y/M Backstroke
- 50 Boys 15-18 50 Y/M Backstroke
- 51 Girls 8 & Under 25 Y/M Butterfly
- 52 Boys 8 & Under 25 Y/M Butterfly
- 53 Girls 9-10 25 Y/M Butterfly
- 54 Boys 9-10 25 Y/M Butterfly
- 55 Girls 11-12 50 Y/M Butterfly
- 56 Boys 11-12 50 Y/M Butterfly
- 57 Girls 13-14 50 Y/M Butterfly
- 58 Boys 13-14 50 Y/M Butterfly
- 59 Girls 15-18 50 Y/M Butterfly
- 60 Boys 15-18 50 Y/M Butterfly
- 61 Girls 11-12 100 Y/M Freestyle
- 62 Boys 11-12 100 Y/M Freestyle
- 63 Girls 13-14 100 Y/M Freestyle
- 64 Boys 13-14 100 Y/M Freestyle
- 65 Girls 15-18 100 Y/M Freestyle
- 66 Boys 15-18 100 Y/M Freestyle
- 67 Girls 8 & Under 100 Y/M Freestyle Relay
- 68 Boys 8 & Under 100 Y/M Freestyle Relay
- 69 Girls 9-10 100 Y/M Freestyle Relay
- 70 Boys 9-10 100 Y/M Freestyle Relay
- 71 Girls 11-12 200 Y/M Freestyle Relay
- 72 Boys 11-12 200 Y/M Freestyle Relay
- 73 Girls 13-18 200 Y/M Freestyle Relay
- 74 Boys 13-18 200 Y/M Freestyle Relay

#### Championships meets

Article 2. All Championship Meets will use the same events as stated in Rule 3-3-1. Championship meets will be split into two sections: 10 and under in one section and those 11 and over in another. All events in the 10 and under section shall be swum on Saturday Morning. All events in the 11 and over section shall be swum on Friday evening.

### RULE 4

#### OFFICIALS AND THEIR DUTIES

Each team participating in a league meet must provide the following officials for each meet:

- a. Six timers
- b. One place judge
- c. Two scorers

- d. One stroke and turn judge
- e. One referee (home meets)

NOTE: If a pool requires additional stroke and turn judges other than what is normally required, it will be the responsibility of the home team to provide the extra stroke and turn judges or make prior arrangements with other team ahead of time.

- f. One announcer
- g. One starter (home meets)
- h. Two runners (home meets)
- i. Clerk of course (one per team)
- j. Averager of times (home team provides)

### Section 1 Number of Officials

For each meet there shall be a sufficient number of officials to properly conduct the meet. More than one duty may be assigned to an individual, and two or more individuals may share a duty. Duties may include, but shall not necessarily be limited to, those of: the meet committee (championship meets), meet coordinator (championship meets), meet manager, referee, starter, recall starter, stroke judges, finish judge, timers, principal lane timer, scorers, announcer, clerks of course.

### Section 2 Awards Chair

For a championship meet, an awards chair may be appointed to obtain appropriate awards and to supervise distribution of those awards.

## Section 3

### Referee

The meet referee shall have full jurisdiction over the meet and shall see that all rules are enforced. In other than championships meets, the referee shall decide all questions arising during the conduct of the meet, the final settlement of which is not otherwise covered by the rules, and shall have discretionary power to set aside the application of a rule when there is apparent unfairness. In all meets protests against judgment decisions of other officials may be considered only by the referee, who shall have final authority to overrule any decision pertaining to an action that he or she personally has observed.

The referee shall:

- a. See that all required equipment for the proper conduct of the meet is in place.
- b. Prohibit the use of any bells, sirens, horns or other artificial noisemakers during the meet.
- c. Be given a list of the officials and their assigned duties. The referee shall make sure appropriate procedures are followed to ensure that all officials understand their responsibilities as indicated by the rules. The referee shall have authority to change any assignment of duty at any time.
- d. Signal by whistle that all officials and competitors should be ready, give any appropriate instruction and turn control of the competitors over to the starter.
- e. In the case of a rule infraction resulting in disqualification, make every reasonable effort to ensure that notification of the infraction is given to the disqualified swimmer(s) and/or to the coach

of the swimmer(s) as soon as possible after the race in question. The referee shall report the disqualification and the nature of the infraction to the head judge and/or to the chief recorder.

f. Have authority to allow a swimmer to repeat a race (foul occurring during a heat) or to order a race swum over (foul occurring during a final if sufficient unfairness prevailed (see Rule 2-5-1-a)).

g. See that the results of each event are announced as quickly as possible at the completion of the event and that the next event starts promptly thereafter. A disagreement before, during or immediately after a race shall be resolved before the next race; and in other than championship meets the decision of the referee shall be final.

h. In the case of a stalling delay, order the event to start without waiting further for any competitor who has not reported and shall impose the penalties provided for in Rule 3-1-4.

i. After the conclusion of the last event of a meet verify the scorer's tabulation of the results of each event and, if the tabulation is found to be correct shall sign such tabulation thus establishing the official score. A meet score is subject to review and may be corrected by the meet committee within 30 subsequent days for championship competition or by the meet referee within seven subsequent days for other competition.

j. Make every reasonable effort to accommodate competitors with disabling conditions and to apply recognized procedures for the conduct of adapted swimming when such procedures are appropriate.

#### Section 4

##### Starter

The starter shall have control over the competitors after they have been assigned to the starter by the referee and until a fair start has been achieved.

The starter shall:

a. Be responsible for carrying out the provisions of Rule 2-1.

b. When using automatic judging and timing equipment, immediately discharge a pistol and/or activate a device if the automatic equipment does not function properly at the start of a race.

#### Section 5. Stroke & Turn

##### Judges

Within the limits of the responsibilities assigned to the stroke judges by the referee, each stroke judge shall report to the chief stroke judge or directly to the referee or assistant referee, any violation of Rule 2.

##### Dual Human Confirmation

Article 4. When both lane and side takeoff judges are used, a disqualification will result only if there is a dual confirmation of an infraction of the takeoff rule by both a lane takeoff judge and a side takeoff judge.

When only side takeoff judges are used, a disqualification will result only if there is a dual confirmation of an infraction of the takeoff rule by two side takeoff judges.

#### Section 6. Finish

##### Judges

### Judges With Semiautomatic Equipment

Article 1. When semiautomatic judging and timing equipment is used, one to three finish judges shall be assigned to each lane. Each judge who is assigned to a given lane shall be stationed at the finish end of that lane and shall be instructed to press his or her finish button simultaneously with the finish of the swimmer in the lane at the end of each race.

### Modified Ballot System

Article 2. In the modified ballot system scoring will be done in the following manner. The finish results will be gotten by using the results from the 2 place judges' and timers' ballots. If the place judge ballots agree on the finish than their decision stands. If there is difference of opinion as to the order of finish than a modified ballot will be used which looks at the times along with the place judge results.

a. Recording for the ballot system. All ballot cards pertaining to a given race shall be delivered to the scoring table immediately following the race. The scorers/recorders than shall assign ballot values to each lane on the basis of one point for each 1st place selection, 2 points for 2nd, 3 points for 3rd, 4 points for 4th, 5 points for 5th and 6 points for 6th. Equal ballot values shall be assigned for identical times (example: contestant A has official time of 23.60, Contestant B & C have identical official times of 23.70, contestant D has a official time of 23.80, contestant A will receive 1 point, contestant B & C will receive 2 points and contestant D will receive 4 points). The relative order of finish of the contestants in any give race shall be determined by adding the numerical values of the 3 ballots for each lane (2 ballots for place judges & 1 ballot for timers) the swimmer having the lowest total value shall be declared the winner: the swimmer with second lowest total value shall be awarded 2nd and so on. If 2 or more total ballot values are equal the result is a tie and points are split.

### EXAMPLE OF MODIFIED BALLOTING:

	Time Results	1st Place Judge	2nd Place Judge	Total Value (+)	Finish Results
Lane 1	4th	4th	3rd	11	4th
Lane 2	2nd	1st	2nd	5	2nd
Lane 3	1st	2nd	1st	4	1st
Lane 4	3rd	3 <sup>rd</sup>	4th	10	3rd

b. Finish. Place judges will not confer with each other concerning the order of finish.

### Section 7.

#### Timers

Two or three designated timers shall be assigned to each lane. If a full complement of three timers per lane cannot be obtained, first place timers may be designated to time the winner of each race. Alternate timers also may be named. Alternate timers shall be called upon to replace designated timers whenever circumstances require. In such cases, alternate timers become designated timers. When semiautomatic judging and timing equipment is used, an official may serve both as a finish judge and as a timer on a given lane. However, such simultaneous dual assignments should be avoided and are acceptable only when a full supplement of officials cannot be obtained. At the beginning of each race, all timers shall start their watches instantly at the flash of the starter's gun or at the flash and/or sound of the electronic starting device. At the conclusion of each race, the timers shall individually stop their watches simultaneously with the finishes of the swimmer they are timing.

#### Requiring Watch Times

Article 1. Regardless of the availability of automatic and/or semiautomatic timing equipment, a minimum of one human timer per lane and one manual watch per lane is required for all championships meets and is recommended for all non-championships meets.

#### Reading Dial Watches

Article 2. When reading a dial watch, it is to be held so that the hand of the watch is in the position of 12 o'clock. If the hand is exactly centered on a mark, the reading shall be that of the mark it is touching. If the hand is not exactly centered on a mark, it shall be considered to be in the space between two marks and the reading shall be that of the slower of those two marks.

#### Recording Watch Times

Article 3. All watch times shall be recorded to a hundredth of a second as follows:

- a. If only dial watches are used across all lanes, a zero shall be added after the tenths (e.g. 21.1 becomes 21.10).
- b. If a mixture of dial watches and digital watches are used across the lanes, the dial watch time shall be recorded as previously described. The times on the digital watches shall be rounded up to the next full tenth of a second (e.g. 21.11 becomes 21.20).
- c. If only digital watches are used across all lanes, the times shall be recorded to a hundredth of a second. Units smaller than a hundredth of a second are to be disregarded without rounding (e.g. 58.151 and 58.159 both become 58.15).

#### Determining Composite Times

Article 4. If the times of two or more designated timers agree for a given lane or place, their time shall be the composite time for that lane or place. If three times disagree, the intermediate time shall be the composite time.

If two times are available for a given lane or place, the composite time for that lane or place shall be the average of the two times to a hundredth of a second. When this calculation results in a value that is expressed in thousandths of a second, the final digit will be dropped without rounding (e.g. 53.175 becomes 53.17). Example 1: if the two measured times are 25.18 and 25.27, then the average time is 25.225 and the recorded time becomes 25.22. Example 2: if the two measured times are 53.17 and 53.18, then the average time is 53.175 and the recorded time becomes 53.17.

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If only one time is available for a given lane or place, that time shall be the composite time for the lane or place. Secondary and tertiary times must not be mixed.

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## Section 8. PRINCIPAL LANE

### TIMERS

A principal timer shall be designated for each lane. In conjunction with each race, the principal timer shall:

- a. Ascertain that the proper contestant is in the lane.
- b. Verify and record the final times of all watches assigned to the lane

Timers' cards shall be provided to assist the principal lane timers in the performance of their duties. All timers' cards pertaining to a given race shall be delivered to the chief recorder immediately after the race.

### Priority of Judging and Timing Equipment

Article 1.a. A minimum of two watches per lane shall be used for all non-championship meets. Championship meets, a minimum of three manual watches per lane shall be used; or if automatic timing equipment is used it shall be primary level of timing, with two watches per lane as the secondary level (back-up) of timing.

### Declaration of Malfunctions

Article 2. The head judge or referee is responsible for declaring a malfunction at any priority level of judging and timing equipment. Any discrepancy of 0.2 seconds or more between or within primary, secondary and/or tertiary information warrants investigation by the head judge to attempt to determine the cause of the discrepancy. If the problem is found to be the result of equipment failure or official error, any affected information must be declared invalid and must be deleted. Immediate action then must be taken to avoid the problem in subsequent races. Non-affected information must be certified as valid and must be retained.

### Priority of Official Results

Article 3. When the judging and timing equipment that is used to obtain primary information has been determined by the head judge or referee to be functioning properly for a given contestant, the primary results shall be declared to be official for that contestant. When the judging and timing equipment that is used to obtain both primary and secondary information has been determined to have malfunctioned for a given contestant, tertiary results shall be declared to be official for that contestant.

## Section 9

### Scorers

One or more scorers shall be appointed to keep a continuous account of the order of finish, times achieved and qualifiers in each event of the meet. For each race (preliminary heat or final), the recorders shall:

a. Record the official time of each non-disqualified contestant in the race to a hundredth of a second (see Rule 4-23-3). Each official time must be (1) a time obtained from automatic judging and timing equipment, (2) a composite semiautomatic time or (3) a composite watch time. Official times, to a hundredth of a second, are required for submitting entries, seeding, qualifying, determining places, publishing meet results and establishing records.

#### Recording for Modified Ballot System

Article 4. The two judges' cards and all timers' cards pertaining to a given race shall be delivered to the chief recorder immediately after the race. If the decision of the two judges agree, the order of finish so determined shall be official regardless of the times achieved. If the decision of the two finish judges do not agree, the ballot system shall be used (see Rule 4-6-2).

a. All meets (except championships) are judged by order of finish as determined by place judging or modified ballot if needed. Six timers, two scorers, two stroke and turn judges, a starter, a referee, and announcer will officiate meets and will be provided by two competing teams. Championship winners are determined strictly by time (Place judges in championships determine heat winners).

b. The stroke and turn judge will inform the swimmer of the reason for disqualification immediately following each event indicating the reason on the card.

#### Section 10. Records Keeper

A record keeper may be appointed to register all records and to process all record applications.

#### Section 11.

##### Announcer

The announcer shall keep the audience and the participants appropriately informed about the conduct and the progress of the meet. In conjunction with the referee, the announcer shall control the overall pace of the meet.

#### Section 12. Clerk of Course

One or more clerks of course may be appointed to ensure that the contestants report to their assigned lanes when their events are announced.

#### Section 13. Meet Physician

It shall be the duty of a certified health professional (EMT or physician) to determine fitness of provide medical care as needed during a swimming competition.

## Section 14.

- a. Under no circumstances may a coach serve as an official.
- b. The pool manager, after consulting both coaches and the meet referee, is responsible to decide whether weather conditions necessitate canceling a meet once it has started. The following guidelines will be used to help determine whether the meet would be swum in its entirety, resumed at the event of interruption, or considered completed.
  1. Up through and including event 20, the meet WILL be made up in its entirety on the next available Thursday, with exception of if the rescheduled Thursday falls during championship week, in which case the meet will NOT be made up.
  2. If the interruption occurs after event 20, but prior to event 39, then both coaches, after consultation with their parent representatives, will agree if the meet should be rescheduled. If one coach wants to reschedule, then the meet will resume on the next available Thursday, beginning with the event where the interruption occurred.
  3. If the interruption occurs after event 39, the meet will be considered over at that point and will not be rescheduled.
  4. Coaches have the discretion of changing their lineups due to swimmer absenteeism on the rescheduled date. Swimmers not initially on the roster for the original meet may be added. Events already completed will count towards the total number of events a swimmer is able to be placed in according to the competitor's rules.
- c. Pre-meet cancellations - Notification must be given by the host team by 4:00 p.m. if teams are traveling out of town. If both teams are from the same town, host team should notify by 5:00 p.m.

## Section 15.

### Championship Meets:

Each team will provide the following personnel for the operation of the championship meet.

1. Two (2) Stroke and Turn Officials
2. Seven (7) Timers
3. Two (2) Clerk of Course

Host team will provide the following personnel for the operation of the championship meet.

1. One (1) Starters
2. One (1) Referee
3. One (1) Place Judge
4. One (1) Announcer

## RULE 5

### LANES, SEEDING AND QUALIFYING PROCEDURES

## Section 1. Lane Assignments

### Dual Meets

Article 1. For dual meets, the visiting team shall have odd lanes and home team shall have even lanes.

### Qualifying Procedures

Article 1. The only qualifying element for competing in a dual meets, is that you must be on the roster for the team for which you are competing.

## RULE 6

### SCORING

#### Section 1. Dual meets

Article 1.a. (1999) Scoring for the first heat of swimming events shall be as follows for both individual events and relays:

- 1st place- 5 points
- 2nd place- 3 points
- 3rd place- 1 point

b. Where one team places 1-2-3 in any event the team points shall be determined by:

1. Where the other team has no swimmers all three points will be awarded to the winners.

2. Where one team claims the top three finishes, only the first and second place will receive team points. The opposing team must receive at least one point.

EXCEPTION: If the opposing team swimmers disqualify during the event then all points will be awarded to the other team.

#### Section 2.

### Ties

In the case of ties within an event, the points involved shall be equally divided among the tied competitors.

#### Section 3. Failure to Complete

If a team's individual or relay entries are unopposed, they still must complete the event. No competitor may score points in an event in which the competitor does not compete or in which he or she is disqualified, except as in Rule 5-3-3.

#### Section 4. Non scoring Competition

Article 1. Exhibition swims shall not be scored in any event. All competitors who are not designated by their coaches to be exhibition swimmers shall score according to the places they achieve with the exhibition swimmer removed from consideration.

### Time-Standard Trials

Article 2. Time-standard trials shall not be scored in any meet.

#### Section 5. Winning Team

The team accumulating the greatest number of points shall be declared the winner of the swimming meet. If the final total number of points for each team is the same, the meet is declared a tie. A meet score is subject to review and may be corrected by the meet committee within 30 subsequent days for championship meets or by that meet's referee within seven days for other competition.

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NOTE: Rule 6 (inclusive) is a conduct rules and cannot be changed by mutual consent.

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## RULE 7

### CONDUCT OF COMPETITION

Article 1. The coordinating Committee will review challenges to meet referee decisions if they agree that the challenge may be legitimate and if the complaint is introduced by a committee member or coach.

Article 2. Meet line-ups need to be sent to the home team by 9 p.m. the night before the meet in Meet Manager Format.

Article 3. A change sheet for the entire meet must be submitted to the scorer's table not less than 15 minutes prior to the start of the meet. All other changes after the start of the meet are left to the discretion of the Meet Referee and Parent Representatives from each team, except relay substitutions which are allowed (see above).

Article 4. The Home Team will provide the computer to be used for scoring.

Article 5. Each facility is responsible for roping off the scorer's table by 5:30 p.m.

## RULE 8

### CHAMPIONSHIP MEETS

#### Championships Meets

Article 1. For championships meets, swimmers and relay teams shall be assigned to lanes from fastest to slowest in order of their submitted times. For a six-lane racing course, the lanes within each heat or final shall be filled in the following order: lanes 3,4,2,5,1,6. For a seven-lane racing course, the lanes within each heat or final shall be filled in the following order: 4,5,3,6,2,7,1. For an eight-lane racing course, the lanes within each heat or final shall be filled in the following order: lanes 4,5,3,6,2,7,1,8. An appropriate similar pattern should be established for any racing course having other than 6,7 or 8 lanes. In preliminary heats or in finals for which there are no

preliminaries, the times to be considered are those submitted on the official entry forms. In other finals, the times are those made in preliminary heats. Swimmers or relay teams with identical times shall be assigned to lanes by lot. There shall be no trading of lanes.

NOTE: When eight lanes are available, all eight lanes should be used in preliminary heats and finals.

## Section 1.

### Seeding

### Entry Times

Article 1. In any meet in which swimmers are to be assigned to lanes by the process of seeding, seeded positions shall be based upon the entry times submitted on the official entry forms for the meet. As described in the following items, the fastest bona fide time of each entry must be submitted.

- a. Whenever a qualifying period is established for a meet, all entry times must be achieved during the specified qualifying period. Times achieved either before or after the qualifying period may not be submitted.
- b. An entry time must be submitted in yards.
- c. For championships meets in which time standards are not imposed (e.g., conference meets). Swimmers with no established entry time for a given event may enter that event without submitting a time. Such swimmers shall be seeded in random order behind all other swimmers who have submitted entry times.
- d. In the case of relay events, all entries are submitted as team entries by institutions. Therefore, the fastest actual 25-yard time or converted metric time that has been achieved in bona fide competition by each institution during the specified qualifying period must be submitted. An institution may use an aggregate time to enter a relay if this time is faster than the best actual relay performance.
- e. For meets in which standards are not imposed and an institution does not have an actual time for a relay event or can aggregate a time for the event, the institution may enter that event without submitting a time. Such relay teams shall be seeded in random order behind all other teams that have submitted entry times. An aggregate relay time for an institution is obtained by adding the best times achieved by that institution's four fastest eligible swimmers in four appropriate gun-start swims. Times achieved during performances in 25-yard racing courses and/or times converted from performances in 25-meter or 50-meter racing courses may be used in any combination. Times achieved by competitors and exhibition competitors over initial distance in regularly scheduled and scored individual or relay events may be used; however, times may not be used that are achieved over initial distances in time-standard trials or over initial distances in non-standard events in invitational meets (see Rule 8-3).
- f. Once an institution has been entered in a relay event, any eligible competitor from the institution may be designated by his or her coach to participate in the heats, swim-offs and/or finals of that event.
- g. During a championship meet, each swimmer may swim a maximum of 4 events. However, only 3 of these events may be individual events.

## Entry Lists

Article 2. All actual 25-yard times, converted metric times and aggregate times submitted for each event shall be integrated and listed by the meet committee with the fastest person or relay team first and the slowest person or relay team last. Entries with identical submitted times shall be assigned places in the list by lot.

## Time Final Events

Article 3.a. A time final event is one in which only heats are contested and final places are determined by the times achieved in those heats. All competitors in all heats are eligible for all places.

b. In all time final events the final heat shall be composed of the entries with the fastest seeded times. The entries with the next fastest group of times shall compose the next to the last heat, etc. Lane assignments shall be made as in all other final events. A full complement of entries shall be placed in all heats starting with the fastest heat. Whenever this results in less than three entries in the first heat, the slowest seeded entries in the second heat shall be moved into the first heat so no heat has less than three entries.

c. If a swimmer who is entered in a time final event is certified at any time after the start of the first heat of that event as being ill or injured, the event shall proceed with an empty lane and without re-seeding.

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PENNSYLVANIA

SWIM

LEAGUE

RULEBOOK

2008  
Revised January 2008