

# West Houston Aquatic League, Inc. (WHALe)

## Internal Policies and Procedures

Last Revised May 25, 2011

### PURPOSE

The West Houston Aquatic League, Inc. (WHALe), hereafter referred to as The League, is a recreational summer league whose main purpose is to give children an opportunity to participate in organized swimming. The primary emphasis is in individual improvement and achievement. Sportsmanship is emphasized for all participants, children and adults.

### LEAGUE RULES AND POLICIES

#### A. SECTION I - Eligibility

1. Swimmers may participate in WHALe competition if they are paid members in good standing of a chapter team.
2. A swimmer must be four (4) years old and may be no older than eighteen (18) by May 1<sup>st</sup> of the current swim year.
3. The Head Coach of a team may not swim. If the Head Coach cannot be at a meet, he/she must designate a Head Coach for that meet. The designated Head Coach cannot swim at that meet. Each Head Coach must have First Aid and CPR certifications in addition to certifications in one of the following: Lifeguarding, Coach's Safety Training or Water Safety Instructor. The Assistant Coach must have First Aid and CPR certifications. A copy of certifications must be provided to WHALe each year at the May meeting or earlier as requested by the Board of Directors.
4. Only NOVICE swimmers may participate in the League.
  - a. A NOVICE is any individual up to and including eighteen (18) years of age. If a swimmer has a current TAGS time, in any distance, in a given stroke, in his/her age group, he must swim that stroke up one (1) age group (example, TAGS time in Breast: 9 year old- must swim in the 11-12 age group for that stroke). If a swimmer does not have TAGS time in IM s/he may swim in his/her own age group. If a swimmer has a Sectional time in any stroke, they are precluded from swimming that stroke in any WHALe meet. If a swimmer has Sectional Times in three strokes, but not the IM, this does not prohibit him/her from swimming the IM. The swimmer must have an IM Sectional Time to prohibit him/her from swimming the IM in a WHALe meet. A NOVICE cannot have swum on any college or university swim team.
  - b. The penalty for swimming in violation of the above TAGS/Sectional policy is as follows:
    - i. 1<sup>st</sup> Offense by swimmer at one meet - \$200 fine and forfeit of swim meet with score of 50-0.
    - ii. 2<sup>nd</sup> Offense by same swimmer at subsequent meet - \$400 fine and forfeit of swim meet with score of 50-0, and expulsion of swimmer from the remainder of the current WHALe season.
    - iii. 1<sup>st</sup> Offense by different swimmer, same team - \$200 fine and forfeit of swim meet with score of 50-0.
    - iv. 2<sup>nd</sup> Offense by different swimmer at subsequent meet, same team - \$400 fine and forfeit of swim meet with score of 50-0, Probation of swim team for the next swim season. This prohibits the team from attending MOC and ASM, and no voting for remainder of season.

- v. 3<sup>rd</sup> Offense by team – all above fines, forfeits of swim meet with score of 50-0, team probation for remainder of current season, this prohibits the team from attending MOC and ASM for current swim season, and no voting for remainder of season. Probation of swim team for next swim season. All fines must be paid in order to continue with WHALe league.
  - c. The team is responsible for payment of any and all above eligibility rules offense fines to the League at or before the July meeting. If the team does determine that the swimmer owes the fine(s) to the team, it is up to the team to collect said fine(s) from the swimmer.
  - d. “Offense” is defined as a single swimmer or multiple swimmers at one meet, swimming in violation of League eligibility rules in any one meet.
5. Chapter teams may not recruit from other chapter teams or the teams’ subdivisions/areas. In the case of special circumstances, an agreement between the two teams must be reached.
  6. At the May meeting each team shall provide to the league a hard copy of their team roster.
  7. Chapter teams will submit to the League a final roster at the May WHALe meeting. The name, sex, age group and date of birth of each swimmer must be included on each team’s roster. A signed hold-harmless release must also be submitted for each swimmer by June 1.
  8. The fiscal year ends August 31<sup>st</sup>.
  9. NO ALCOHOL is to be sold or brought to any WHALE swim meet. If any official or spectator is intoxicated, they will be asked to leave the meet.

**B. Age Groups and Events**

1. Eligibility for an age group is determined by the individual’s age on May 1 of the current year.
2. The age groups are 6 & under, 7-8, 9-10, 11-12, 13-14, and 15-18.
3. In an individual event, a swimmer may swim up two (2) age groups. In a relay, a swimmer may swim up in any age group. No swimmer will be allowed to swim down an age group, or swim the same stroke or type of event in more than one (1) age group.
4. See appendix B for length of course and event order. A pool whose length is close to, but not equal to 25 yards, may be used if appropriate modifications are made in the events swum.

**C. Dual Meet Entries**

1. Contestants may swim one event per stroke and two relays.
2. The heat restrictions are as follows:
  - a. Unlimited heats of freestyle and backstroke.
  - b. One (1) heat of I.M. for each eligible age group (10 & Under, 11-12, 13-14, 15-18).
  - c. Two heats of each breast and butterfly unless holding a dual meet at a four or five lane pool, then there will be 3 heats of breast and butterfly.
  - d. Extra heats will be allowed by mutual consent of the coaches when time permits. Extra heats are not awarded ribbons or points.

3. For relays there are:
  - a. Freestyle relays for all age groups.
    - 6 & U freestyle relay is a mixed-gender relay and must contain at least one (1) swimmer of each gender.
  - b. Medley relays for all age groups except 6 & U.
  - c. Unlimited heats of each relay.
  - d. Three (3) possible relay teams are allowed in the 15-18 age group:
    - i. Boys: (4) boys or (3) boys and (1) girl
    - ii. Girls: (4) girls
    - iii. Mixed: (2) girls and (2) boys or (3) girls and (1) boy only
      - A team is allowed to score two (2) of the (3) possibilities.
      - The race must be declared for scoring before the race is swum.
  - e. Free & medley relay teams, both boys & girls in the 7-8, 9-10, 11-12, & 13-14 age groups, consist of the same gender swimmers.

**D. Championship Meet Events and Entries – Meet of Champions (MOC)**

1. To be eligible to compete in the MOC, a swimmer must have competed in a minimum of two (2) regularly scheduled WHALE dual meets.
2. The events will be the same as the events swum at dual meets. Each team will be allowed one (1) entry per relay event, eight (8) entries per freestyle event, four (4) entries per back, breast, and butterfly event, and three (3) entries per I.M. event.
3. In an individual race only a swimmer with TAGS/Sectionals will swim up into the next age group.
4. In a relay, a swimmer may swim up in any age group.
5. Each team will provide bonafide seed times for seeding the meet at the June meeting.
  - Each seedtime will not exceed 1 minute for individual events except IM.
6. All relays will be entered with no entry time (NT).
7. No changes of the swimmers in any heat will be made after the heat leaves the ready bench.
8. The WHALe League will run the Meet of Champs. The League will receive all monies made from this meet unless otherwise agreed upon by the League.
9. When the Colorado Timing System is arranged to be used at the MOC or ASM, placing will be done in this order:
  - a. Touch pad Time
  - b. Backup button Time
  - c. Average of the stopwatch times
9. No videos will be used in filing a protest.
10. All Stars Meet Qualifiers From Meets of Champs will include~
  - The fastest (1) swimmer in each division in free, back, breast, and fly automatically advance and the next fastest times to fill up 2 heats from any division will automatically advance to the ASM in the free, back, breast and fly. The top finisher from each division and the next 3 fastest times from any division in IM will advance to the ASM.
  - This will provide 2 regular heats of swimmers in free, back, breast and fly and 1 regular heat of IM.

11. Each WHALe team receives two (2) votes for end of the year Sportsmanship Award; one vote from the League Rep/Director and one from the Head Coach.

## **E. Meet Procedures**

### 1. General Meet Procedures

- a. Meet starting times will be set when the meet schedules are set.
- e. Warm-ups start one (1) hour before the start of a meet. The home team will warm-up the first twenty-five (25) minutes. The visiting team will warm-up the second twenty-five (25) minutes.
- f. Starting blocks are not allowed in any WHALE meets.
- g. Diving starts are not allowed at meets held in pools with depth of less than 3'6" at both ends.
- h. Home team supplies water to the volunteers.

### 2. Dual Meet Procedures

- a. Ribbons will be awarded at the conclusion of each heat. Any swimmer in the first heat receiving a disqualification will receive a last place ribbon and no points. Swimmers will line up in order of finish and report to the scoring table in order to tabulate points.
- b. Assisted swimmers must swim in pre-meet events. No assisted swimmers will be allowed in regular meet events. The term, "assisted swimmer" does not refer to a special needs swimmer. An assisted swimmer is a swimmer who must have a person in the pool with him/her to swim across the pool.
- c. Special  
needs swimmers requiring assistance to swim will be allowed to swim in meet events as long as there is no safety issue and the swimmer can supply their own equipment and/or facilitator as necessary to swim. The decision for each swimmer will be made on a case-by-case basis.
- d. Visiting teams swim in odd lanes and home teams swim in even lanes.
- e. If a meet is called due to weather after the completion of breaststroke the team with the highest point total will be declared the winner. If a meet is called prior to the completion of the breaststroke, it may be rescheduled and resumed at the point where the meet was called if both League Reps mutually agree. Lifeguards are the only ones to call the meet in case of bad weather and will clear the pool deck at that time. The referee has no authority to over rule the call of the Lifeguard.
- f. State Regulations require that a private to semi-public pool must have two (2) lifeguards on duty, one (1) to sit in lifeguard stand and one (1) on call (for CPR purposes). This rule applies to all WHALe swim meets. A coach, who is lifeguard-certified, may serve as the on call lifeguard. It is each team's individual responsibility to provide the lifeguards required at its home meets. The lifeguard shall be on duty from the time the visiting team begins to warm-up till the last swimmer has swum.
- g. If your meet is cancelled due to weather, all meets that are not being swum in a Katy ISD pool needs to be rescheduled in a non Katy ISD pool if at all possible. If the meet is unable to be rescheduled in a non Katy ISD pool or if a Meet scheduled in a Katy ISD pool has to be rescheduled, please contact the Vice President of your division. The Vice President will review the Rain Out dates noted on the schedule with Katy ISD and reschedule the meet. Please note that are very limited few Rain Out dates in the season and it may be possible that those meets are unable to be rescheduled.
- h. If issues arise in a meet the League Rep will notify the Vice President of the Division they are participating in for clarification of said issues. The meet should continue as scheduled. If a protest is warranted at that time the League Rep will follow procedures from the Protest section of the Policy and Procedures.

**E. Dual-Meet Scoring (based on 8 lanes)**

1. When two or more competitors tie, each competitor will receive the point value for that place. In such cases, no awards shall be given for the place or places immediately following the tied places. If two tie for first place, there is no award for second place; if three tie for first place, there are no awards for second or third place, and so on. All tied places earn the higher place points.
2. When an individual or relay team is disqualified, the following places move up in order of finish. NO points are awarded to disqualified swimmers or relay teams.
3. Points will be awarded for the first heat only. Individual events will be scored as follows: 9-7-6-5-4-3-2-1.
4. The center two lanes will be the scoring lanes on relays. Only the first heat will be awarded points as follows: 9-5.
5. If a relay team in a point lane is disqualified, no points will be awarded to that team. Finishes will be moved up one place, but points will be awarded only to the other point team (assuming a legal finish).
6. No assisted swimmers will be allowed in point heats.
7. Both teams are required to report final scores in 3 days from their meet date. The scores shall be reported on the Whale website at [www.swimwhale.com](http://www.swimwhale.com). The League Rep is responsible for reporting the scores of the meet. All scores must be reported before the MOC Entries Turn in Meeting. Teams who do not report their scores will not be allowed to turn in MOC entries. Score sheets should be kept for one year.

**F. Protests and Forfeitures**

1. NO one, except a head coach at a meet, will be allowed to question or protest to the referee the decision of an official during the meet. After hearing a protest and any appropriate rebuttal, the meet's referee will decide what action is appropriate. Then the meet continues.
  - a. The Referee's decision is final.
  - b. Any further protests or questions must be submitted to the league Vice-President in writing within twenty-four (24) hours of the conclusion of the last event of that meet. The Vice-President shall inform the other team(s) of the protest filed within twenty-four (24) hours of receipt of protest and shall investigate and rule on the protest within seven (7) calendar days of the meet.
2. A home team will forfeit a meet if it is not ready to begin the meet at the scheduled starting time.
3. A visiting team will forfeit a meet if it has not arrived before the scheduled starting time of a meet.
4. Forfeit score shall be 50-0. In a forfeit situation, the forfeiture may be waived and the meet swum if both head coaches and/or League Reps give mutual consent.

## H. Placing and Officiating

1. At league dual meets, there will be two (2) scorers (one from each team), two (2) runners (one from each team), two (2) ribbon table workers (one from each team), three (3) timers per lane, four (4) touch/turn judges (2 per team), two (2) stroke judge (1 per team), a starter, and a referee. The home team will provide the starter and referee. All stroke judges, touch/turn judges, and referees must attend a league-sponsored clinic as determined by the league.
2. The starter will be responsible for charging false starts to swimmers. The starter will use a starting device, and only whistle in the event of a device failure. An individual's second false start shall result in disqualification, except for 6 & under events.
  - a. After receiving clearance from the referee, the starter instructs the swimmers, including the type of event. The starter then directs them to "take your mark" to which they must immediately respond by assuming a starting position. Sufficient time should follow "take your mark" to enable swimmers to assume starting positions, but no swimmer shall be in motion immediately before the starting signal is given.
  - b. When a swimmer does not respond promptly to the command "take your mark" or starts before the starting signal is given, the starter shall immediately release all swimmers with the command "stand up". Any swimmer who enters the water or backstroker who leaves the starting area shall be charged with a false start, except that a swimmer may be relieved of the charge if the false start was caused by the swimmer's reaction to the command "stand up".
  - c. All swimmers leaving their marks before the starting signal is given, shall be charged with a false start, except that a swimmer who has false started because of the action or movement of another competitor may be relieved of the charge and a false start may be charged only to the offender who moved.
  - d. For backstroke starts, a false start may be charged to any swimmer who fails to maintain his feet and/or hands in a legal position after one warning.
  - e. For relay starts, a still start is required with feet touching some portion of the deck – no running, stepping or hop starts.
  - f. A swimmer may also be disqualified for deliberate delay or misconduct.
  - g. When the starting signal is given and one or more swimmers have obtained an unfair advantage, all swimmers shall be recalled at once by a second signal, and the starter shall indicate the swimmer(s), if any, who are charged with a false start.
3. **The Referee** is responsible for holding a meeting before the meet begins with all officials (timers, judges, etc...) and coaches to review meet procedures. The referee:
  - a. Cannot disqualify or place swimmers.
  - b. Cannot over rule a judge, but can make suggestions if you believe they do not understand a rule. If needed, you have the authority to remove/replace any judge or timer.
  - c. Only speak to coaches about disputes, disqualifications, or questions. If parents and/or swimmers approach you; send them directly to their coach.
  - d. Maintains good sportsmanship during the meet.
  - e. Can remove swimmers for poor conduct or sportsmanship (foul language, disruption to the meet, etc...)

- f. Parents can be removed by Referee and/or League Representatives (both teams agree).
- g. Any ejections must be reported to League Vice-President in writing within 24 hours by the referee.
- h. The Referee will be at the finish line to observe the finish and check with stroke and touch/turn judges for disqualifications.
- i. Keeps the meet running smoothly and quickly.

4. **Timers** record swimmers time during the meet:

- a. Visiting team timers will have two timers in the even lanes and one timer in the odd lanes and home team timers will have two timers in the odd lanes and one timer in the even lanes.
- b. The timer will be assigned a lane. The assigned lane is the only lane for which the timer has any responsibility.
- c. The timer is to sit at the end of the pool in his/her lane with 2 other timers. Only one person will be assigned to record the swimmer's time on a timing slip clipped to a clipboard.
- d. Make sure the stopwatch is at 0.00. Listen for the Starter to start the race. Watch the starting system for the start of the race. There is a light that will flash and a beep that will sound when the race is started. Since light travels faster than sound, stopwatches are started as the light flashes. The Starters-usually says, "Swimmers take your mark!" Then the starting system will be activated.
- e. Check the stopwatch to make sure it started.
- f. As the swimmer approaches the end, get up, stand as close to the pool's edge as possible, and watch as the swimmer finishes his/her race. The race is finished when he/she touches the wall with ANY part of his/her body. This can be the head, hand, fingernail, etc.
- g. The moment the swimmer touches the wall, stop the stopwatch.
- h. Return to seat and the Recorder will record the times off the stopwatches onto the timing slip. The Recorder will also write the swimmer's "identification number", lane, event number, and heat number on the timing slip. The swimmers will have these id numbers written on their hands.
- i. Timers do not circle any time. Circlers and/or scorekeepers take care of this.
- j. A Runner will pick up the cards and take them to the scoring table.
- k. Clear the stopwatch. Get ready for the next race.
- l. Repeat.

5. **Head Timers**

- a. There are two Head Timers standing on either side of the pool. Each Head Timer has two stopwatches. One Head Timer is responsible for lanes 1, 2 and 3 and the other is responsible for lanes 4, 5 and 6.
- b. At the start of the race, both stopwatches are started at the flash of the starting system.
- c. Look towards the Timers to see if any hands are raised. If you see a hand raised, quickly deliver one of your stopwatches to him/her. Make sure you take the Timer's old stopwatch.

6. Runners pick up timing slips from the Timers at the end of each race.
  - a. Keeping the cards together, go to the scoring table and paper clip them.
  - b. Make sure the scorers know the cards are there.
  - c. Go back to the where you started and repeat.
  
7. The scorekeepers, one from each team will circle the appropriate time, checking each other's time selection. If applicable, the circling person will circle the appropriate time, but it is the scorekeepers' responsibility to check the circling person's time selection. The appropriate time is determined in the following sequence:
  - a. Circle the middle time
  - b. If two of the times are the same, take that time.
  - c. If there are only two times, average the two.
  - d. If there is only one time, take that time.
  - e. If one of the times is one second faster or slower, drop that time and average the other two.
  
8. The scorekeepers will arrange the timing slips in correct order from first through last. These timing slips will be marked. They will score the first heat only and then pass the timing slips to the ribbon table. In the case of a tie, a tie will be awarded.
  
9. The ribbon workers will be awarded to the swimmers from first through last for each heat. The swimmers will wait at the designated area for the ribbon workers to announce the results and present the ribbons.
  
10. A stroke judge will disqualify a swimmer who violates any stroke or kick rule listed in Appendix A except for the following:
  - a. A 6 & under swimmer is not disqualified unless there is an unfair advantage. A 6 & under is allowed two (2) stroke infractions per race in the backstroke.
  - b. A 7-8 swimmer is allowed one (1) stroke infraction per race and/or relay leg.
  - c. All swimmers, including a 6 & under swimmer will be disqualified if they do not finish the race legally – i.e. on the back in the backstroke. This is a touch-turn infraction.
  
11. A stroke judge will disqualify a swimmer who gains an unfair advantage by doing any of the following:
  - a. Pulling on a lane rope.
  - b. Pulling on a pool's side.
  - c. Pushing off the pool's bottom.
  - d. Pushing off a pool's side other than at the starting or finishing ends.
  
12. A touch/turn judge will disqualify a swimmer who violated any turn, finish, or relay race rule listed in Appendix A.

13. Under sections 10, 11 & 12 listed above, all heats will be judged. If a swimmer is DQ'd for any reason, the meet referee will mark the timing slip with "DQ" & reason for the DQ in a bold, easily seen way to indicate to the scoring table that this swimmer has been DQ'd.
14. During the Meet of Champs, a judge will write both the nature of any disqualification and "DQ" on the timer's sheet for the swimmer disqualified.
15. Backstroke flags must be fifteen (15) feet from each end of the course and about seven (7) feet above the water surface. Incorrect placement of the backstroke flags is allowed if all coaches approve and the touch/turn judges are instructed to be lenient in assessing disqualifications in the backstroke.

## **I. Membership and Scheduling**

- f. Annually, the chapter teams shall be apportioned into divisions for dual meet scheduling. The primary goal of such apportionment is competitive balance.
- g. All information needed for scheduling dual meets is due by February meeting. Every director will receive the league's master dual meet schedule listing all meets and starting time by the March meeting.
- h. Teams who do not meet the Whale requirements for swimming in their own pool will use Katy ISD pools for meets and the Whale league will pay for the pool usage. 1-25-2010. The Executive Board making the schedule each year will schedule teams who do not meet the Whale requirements for at least one home meet at the Katy ISD pool. If at all possible all other meets will be scheduled in pools within that division who can volunteer to host additional meets to reduce the cost to Whale.

## **J. Insurance and Pool Safety**

1. (Effective 1/1/2011) There must be a minimum of two coaches on the pool deck who maintain all three (3) certifications for all practices and/or swim meets. If there aren't two coaches who maintain all certifications, a certified lifeguard must sit in the lifeguard chair.
2. Liability insurance will be reviewed on an annual basis. Any request for change must be submitted in writing to [board@swimwhale.com](mailto:board@swimwhale.com) by the January meeting.

## APPENDIX A

### ARTICLE 101 INDIVIDUAL STROKES AND RELAYS

#### 101.1 BREASTSTROKE (effective 01-01-06)

**Start** — The forward start shall be used.

**Stroke** — From the beginning of the first arm stroke after the start and after each turn, the body shall be kept on the breast. It is not permitted to roll onto the back at any time. Throughout the race the stroke cycle must be one arm stroke and one leg kick in that order. All movements of the arms shall be simultaneous and in the same horizontal plane without alternating movement.

The hands shall be pushed forward together from the breast on, under, or over the water.

The elbows shall be under water except for the final stroke before the turn, during the turn and for the final stroke at the finish. The hands shall be brought back on or under the surface of the water. The hands shall not be brought back beyond the hip line, except during the first stroke after the start and each turn.

During each complete cycle, some part of the swimmer's head shall break the surface of the water. After the start and after each turn, the swimmer may take one arm stroke completely back to the legs. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke.

**Kick** — After the start and each turn, a single downward butterfly kick followed by a breast-2006 Rules & Regulations 19

Stroke kick is permitted while wholly submerged. Following which, all movements of the legs shall be simultaneous and in the same horizontal plane without alternating movement.

The feet must be turned outwards during the propulsive part of the kick. A scissors, flutter or downward butterfly kick is not permitted except as provided herein. Breaking the surface of the water with the feet is allowed unless followed by a downward butterfly kick.

**Turns and Finish** — At each turn and at the finish of the race, the touch shall be made with both hands simultaneously at, above, or below the water level. The head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during the last complete or incomplete cycle preceding the touch.

#### 101.2 BUTTERFLY

**Start** — The forward start shall be used.

**Stroke** — After the start and after each turn, the swimmer's shoulders must be at or past the vertical toward the breast. The swimmer is permitted one or more leg kicks, but only one arm pull under water, which must bring the swimmer to the surface. It shall be permissible for a swimmer to be completely submerged for a distance of not more than 15 meters (16.4 yards) after the start and after each turn. By that point, the head must have broken the surface. The swimmer must remain on the surface until the next turn or finish. From the beginning of the first arm pull, the body shall be kept on the breast. Both arms must be brought forward over the water and pulled back simultaneously.

**Kick** — All up and down movements of the legs and feet must be simultaneous. The position of the legs or the feet need not be on the same level, but they shall not alternate in relation to each other. A scissors or breaststroke kicking movement is not permitted.

**Turns** — At each turn the body shall be on the breast. The touch shall be made with both hands simultaneously at, above, or below the water surface. Once a touch has been made, the swimmer may turn in any manner desired. The shoulders must be at or past the vertical toward the breast when the swimmer leaves the wall.

**Finish** — At the finish, the body shall be on the breast and the touch shall be made with both hands simultaneously at, above, or below the water surface.

### **101.3 BACKSTROKE** (effective 01-01-06)

#### **1. START**

1.1. The swimmers shall line up in the water facing the starting end, with both hands placed on the gutter or on the starting grips.

1.2. 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 be placed under the surface of the water. Standing in or on the gutter or curling the toes over the lip of the gutter is not permitted at any time before the start. A backstroke starting block may not be used.

2. **STROKE** - Standing in or on the gutter or curling the toes over the lip of the gutter immediately after the start is not permitted. The swimmer shall push off on his back and continue swimming on the back throughout the race. Some part of the swimmer must break the surface of the water throughout the race, except it shall be permissible for the swimmer to be completely submerged during the turn and for a distance of not more than 15 meters (16.4 yards) and after the start and each turn. By that point, the head must have broken the surface of the water.

#### **3. TURNS –**

3.1. Upon completion of each length, some part of the swimmer must touch the wall.

3.2. During the turn the shoulders may turn past the vertical toward the breast after which a continuous single arm pull or a continuous simultaneous double arm pull may be used to execute the turn.

3.2.1. Once that one pull is completed (hands at side) all kicking may stop or may continue. At that point the swimmer is allowed to glide or kick into the wall to complete the turn.

3.2.2. If a swimmer chooses to complete the turn on their breast (3.2), they cannot touch the wall with their hand/s during the turn.

3.3. The swimmer must return to a position on the back before the feet leave the wall.

4. **FINISH** - The swimmer shall have finished the race when any part of the person touches the wall while the swimmer is on their back at the end of the course.

### **101.4 FREESTYLE**

**Start** — The forward start shall be used.

**Stroke** — In an event designated freestyle, the swimmer may swim any style, except that in a medley relay or an individual medley event, freestyle means any style other than butterfly, breaststroke or backstroke. Some part of the swimmer must break the surface of the water throughout the race, except it shall be permissible for the swimmer to be completely submerged during the turn and for a distance of not more than 15 meters (16.4 yards) after the start and each turn. By that point the head must have broken the surface. The swimmer must complete the entire event in the same style/stroke in which the event was started.

**Turns** — Upon completion of each length the swimmer must touch the wall.

**Finish** — The swimmer shall have finished the race when any part of his person touches the wall after completing the prescribed distance.

### **101.5 INDIVIDUAL MEDLEY**

The swimmer shall swim the prescribed distance in the following order: the first one-fourth, butterfly; the second one-fourth, backstroke; the third one-fourth, breaststroke; and the last one-fourth, freestyle.

**Start** — The forward start shall be used.

**Stroke** — The stroke for each one-fourth of the designated distance shall follow the prescribed rules for that stroke.

#### **Turns**

A - Intermediate turns within each stroke shall conform to the turn rules for that stroke.

B - The turns when changing from one stroke to another shall conform to the finish rules for the stroke just completed, and shall be as follows:

(1) **Butterfly to backstroke** — The swimmer must touch as described in 101.2.5. Once a legal touch has been made, the swimmer may turn in any manner, but the shoulders must be at or past the vertical toward the back when the swimmer leaves the wall.

(2) **Backstroke to breaststroke** — The swimmer must touch the wall while on the back. Once a legal touch has been made, the swimmer may turn in any manner but the shoulders must be at or past the vertical toward the breast when the swimmer leaves the wall and the prescribed breaststroke form must be attained prior to the first arm stroke.

(3) **Breaststroke to freestyle** — The swimmer must touch as described in 101.1.5. Once a legal touch has been made, the swimmer may turn in any manner.

**Finish** — The swimmer shall have finished the race when any part of his/her person touches the wall after the prescribed distance.

### **101.6 RELAYS**

**Freestyle Relay** — Four swimmers on each team, each to swim one-fourth of the prescribed distance using any desired stroke(s). Freestyle finish rules apply.

**Medley Relay** — Four swimmers on each team, each to swim one-fourth of the prescribed distance in the following order: first, backstroke; second, breaststroke; third, butterfly; and fourth, freestyle. Rules pertaining to each stroke used shall govern where applicable. At the end of each leg, the finish rule for each stroke applies in each case.

### **Rules Pertaining to Relay Races**

- A. No swimmer shall swim more than one leg in any relay event.
- B. When automatic relay take-off judging is used, each swimmer must touch the touch plate or pad in his/her lane at the end of the course to have finished his/her leg of the relay race.
- C. In relay races a swimmer other than the first swimmer shall not start until his/her teammate has concluded his/her leg.
- D. Any relay team member and his/her relay team shall be disqualified from a race if a team member other than the swimmer designated to swim that leg enters the pool in the area where the race is being conducted before all swimmers of all teams have finished the race. Exception: When an in-the-water start is required or such start is approved by the Referee.
- E. Each relay team member shall leave the water immediately upon finishing his/her leg, except the last member.
- F. In relay races the team of a swimmer whose feet have lost touch with the starting platform (ground or deck) before his/her preceding teammate touches the wall shall be disqualified.
- G. In relay races involving in-the-water starts, the team of a swimmer who has lost touch with the end of the course before his/her preceding teammate touches the wall shall be disqualified, unless the swimmer in default returns to the original starting point at the wall.

**APPENDIX B: DUAL MEET EVENTS**

<b>Girls</b>	<b>Age</b>	<b>Event-Type</b>	<b>Boys</b>	<b>Mixed</b>	<b>Entries per Age-Gender Group</b>
	6 & under	100yd free relay	1.		Unlimited
2.	7-8		3.		*
4.	9-10		5.		*
6.	11-12		7.		*
8.	13-14		9.		*
10.	15-18		11.	11a.	*
12.	6 & under	25 yd free	13.		unlimited
14.	7-8		15.		*
16.	9-10		17.		*
18.	11-12	50 yd free	19.		*
20.	13-14		21.		*
22.	15-18		23.		*
24.	6 & under	25 yd back	25.		Unlimited
26.	7-8		27.		*
28.	9-10		29.		*
30.	11-12	50 yd. back	31.		*
32.	13-14		33.		*
34.	15-18		35.		*
36.	10 & under	100yd I.M.	37.		one heat only
38.	11-12		39.		*
40.	13-14		41.		*
42.	15-18		43.		*
44.	7-8	25 yd. breast	45.		two heats (4 lane pool - 3 heats)
46.	9-10		47.		*
48.	11-12	50 yd. breast	49.		*
50.	13-14		51.		*
52.	15-18		53.		*
					*
54.	7-8	25 yd. fly	55.		two heats (4 lane pool - 3 heats)
56.	9-10		57.		*
58.	11-12	50 yd. fly	59.		*
	13-14		61.		*
62.	15-18		63.		*
					*
64.	7-8	100 yd medley relay	65.		Unlimited
66.	9-10		67.		*
68.	11-12		69.		*
70.	13-14		71.		*
72.	15-18		73.	73a.	*

**APPENDIX C: MEET OF CHAMPS (MOC) EVENTS**

<b>Girls</b>	<b>Age</b>	<b>Event-Type</b>	<b>Boys</b>	<b>Mixed</b>	<b>Entries per Age-Gender Group</b>
36.	10 & under	100yd I.M.	37.		up to 3 entries
38.	11-12		39.		*
40.	13-14		41.		*
42.	15-18		43.		*
	6 & under	100yd free relay		1	1 team
2.	7-8		3.		*
4.	9-10		5.		*
6.	11-12		7.		*
8.	13-14		9.		*
10.	15-18		11.	11a.	2teams from 3 options
64.	7-8	100 yd medley relay	65.		1 team
66.	9-10		67.		*
68.	11-12		69.		*
70.	13-14		71.		*
72.	15-18		73.	73a.	2 teams from 3 options
12.	6 & under	25 yd free	13.		up to 8 entries
14.	7-8		15.		*
16.	9-10		17.		*
18.	11-12	50 yd free	19.		*
20.	13-14		21.		*
22.	15-18		23.		*
24.	6 & under	25 yd back	25.		up to 4 entries
26.	7-8		27.		*
28.	9-10	50 yd. back	29.		*
30.	11-12		31.		*
32.	13-14		33.		*
34.	15-18		35.		*
44.	7-8	25 yd. breast	45.		up to 4 entries
46.	9-10		47.		*
48.	11-12	50 yd. breast	49.		*
50.	13-14		51.		*
52.	15-18		53.		*
54.	7-8	25 yd fly	55.		up to 4 entries
56.	9-10		57.		*
58.	11-12	50 yd fly	59.		*
60.	13-14		61.		*
62.	15-18		63.		*

**APPENDIX D: ALL STAR MEET (AS) EVENTS**

<b>Girls</b>	<b>Age</b>	<b>Event-Type</b>	<b>Boys</b>	<b>Mixed</b>	<b>Entries per Age-Gender Group</b>
36.	10 & under	100yd I.M.	37.		First place from each division
38.	11-12		39.		Call up next fastest swimmers
40.	13-14		41.		to fill 1 heat total
42.	15-18		43.		*
12.	6 & under	25 yd free	13.		First place from each division
14.	7-8		15.		Call up next fastest swimmers
16.	9-10		17.		to fill 2 heats total
18.	11-12	50 yd free	19.		*
20.	13-14		21.		*
22.	15-18		23.		*
24.	6 & under	25 yd back	25.		First place from each division
26.	7-8		27.		Call up next fastest swimmers
28.	9-10	50 yd. back	29.		to fill 2 heats total
30.	11-12		31.		*
32.	13-14		33.		*
34.	15-18		35.		*
44.	7-8	25 yd. breast	45.		First place from each division
46.	9-10		47.		Call up next fastest swimmers
48.	11-12	50 yd. breast	49.		to fill 2 heats total
50.	13-14		51.		*
52.	15-18		53.		*
54.	7-8	25 yd fly	55.		First place from each division
56.	9-10		57.		Call up next fastest swimmers
58.	11-12	50 yd fly	59.		to fill 2 heats total
60.	13-14		61.		*
62.	15-18		63.		*