



EAST BAY SWIM LEAGUE

RULES AND REGULATIONS

2010 EDITION

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**EAST BAY SWIM LEAGUE**  
39120 Argonaut Way, Suite 798  
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## **REVISION HISTORY**

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**RULE 1 -- PURPOSE, SCOPE, & REFERENCE****Section 1 -- PURPOSE**

Art. 1 -- The purpose of the East Bay Swim League, (hereafter EBSL), is to provide young swimmers with an opportunity for summer recreational swimming competition, in an atmosphere that fosters sportsmanship, team spirit, cooperation, and respect for the other swimmers and the league.

**Section 2 -- SCOPE**

Art. 1 -- The East Bay Swim League, rules specify the requirements:

- a) for definitions as used within the EBSL
- b) for team personnel
- c) responsibilities and duties of officials
- d) for meet management
- e) for timing and judging
- f) for scoring and awards
- g) for each swimming event
- h) for protest procedures

**Section 3 -- REFERENCE**

Art. 1 -- Members and the Board of Directors shall default to the current book of High School Rules on matters that are not specifically covered by these East Bay Swim League Rules.

- a) High School Rule Books can be purchased from:  
National Federation of State High School Associations  
11724 Plaza Circle, PO Box 20626  
Kansas City, MO 64195  
816-464-5400 <http://www.nfshsa.org>

**RULE 2 -- DEFINITIONS**

Note: "Shall" denotes mandatory.

**Section 1 -- PARTS OF THE POOL**

Art. 1 -- The end walls are the walls perpendicular to the race course.

Art. 2 -- The side walls are the walls parallel to the race course.

Art. 3 -- The starting end is the wall of the pool where the race begins.

- a) The host team will determine the starting end for all races.
- b) In pools with water depth less than 3'6" at the starting end, the starting platforms shall be no more than 18 inches above the water surface.

Art. 4 -- The finish end is the wall of the pool where the race ends.

Art. 5 -- A lane is a designated course of water that is perpendicular to the starting and finish ends.

**Section 2 -- TIMING DEVICES**

- Art. 1 -- A manual timing device, a stopwatch, is one that must be started and stopped by hand.
- Art. 2 -- A semiautomatic timing device is one that starts automatically with the starter's device but must be stopped manually.
- Art. 3 -- An automatic timing device is one that starts automatically with the starter's device and stops automatically when a contestant touches the finish pad.

**Section 3 -- MEET MANAGEMENT**

- Art. 1 -- Prior mutual consent requires written documentation signed by the consents prior to the start of competition.
- Art. 2 -- Score of a forfeited meet shall be 68-0.
- Art. 3 -- Seeding is a process of ranking competitors according to submitted times.
- Art. 4 -- A race officially begins when the swimmers are called to the starting blocks by the referee or starter.
- Art. 5 -- A race officially ends when the last swimmer finishes the race. A designated referee from the home team (excluding coaches) shall resolve any disagreement in the race prior to starting the next race.
- Art. 6 -- A heat is one of a series of races within an event.
- Art. 7 -- Timed finals are one or more heats in which final place winners in an event are determined by time.
- Art. 8 -- A Championship Meet is a culminating meet.

**Section 4 -- TEAM PERSONNEL**

- Art. 1 -- A team shall consist of one or more competitors.
- Art. 2 -- Team Personnel includes all coaches, managers, and participating or non-participating competitors.

**Conduct of Events**

- Art. 3 -- A violation is an infraction of the rules that causes disqualification of:
- a) a competitor from an event;
  - b) a competitor from the meet;
  - c) all competitors from 1 team for an event.

**RULE 3 -- TEAM PERSONNEL****Section 1 -- ROSTER**

- Art. 1 -- Each swim team may have unlimited rostered swimmers.
- Art. 2 -- If a swimmer participates in any dual meet the swimmer's name remains on the roster throughout the season.
- Art. 3 -- Swimmers listed on the roster may be deleted, provided the swimmers have not competed in a dual meet.
- Art. 4 -- A preliminary roster (1 copy per team plus 2 copies for the EBSL Executive Board) will be submitted to the League Vice-president or a designee on the Saturday before the May League meeting by a time specified by the Vice President.
- a) The roster must be arranged by sex, age group, and alphabetically (within age group by sex)
  - b) The roster must list each swimmer's full name and birth date.
- Art. 5 -- A final roster (1 copy per team plus 2 copies for the EBSL Executive Board) must be received on the Saturday before the June League meeting by a time specified by the Vice President to the League Vice-president or a designee.
- Art. 6 -- Addition to the roster after the final roster has been submitted must be made by direct application to the League President. Teams may only add swimmers after the final roster if they have less than 100 swimmers on their team.
- a) EBSL Vice-President and all teams in the league must be sent written notice of the addition prior to the swimmer's participation in a Dual Meet.
  - b) Such notification is the responsibility of the Team President.
- Art. 7 -- Copies of the final rosters will be sent to each Swim Team by the League Vice President or a designee.
- Art. 8 -- Copies of each team's up-to-date rosters should be provided at the seeding meeting prior to a dual meet.
- Art. 9 -- ***PENALTIES***
- a) *For a team not submitting a roster by the deadline a fine of \$10 per day until the roster is received.*
  - b) *For a team swimming more than 100 individuals on the Teams competitive roster during the season disqualification of all swimmers added after the preliminary roster, for the season.*

**Section 2 -- ELIGIBILITY OF AN INDIVIDUAL**

- Art. 1 -- Each swimmer must have an EBSL League Application on file with the League Vice-President prior to his/her participation in a dual meet.

- a) The Team President and Coach will verify having seen a copy of the swimmer's Birth Certificate and so note on the League Application.
- b) The team should maintain a copy of each swimmer's League Application.
- c) League application due with Preliminary roster
- d) League applications for any additions to a team's roster after turning in the Preliminary roster must be turned in immediately to the EBSL Vice-President.
- e) Swimmers' Emergency forms must be on site at any team function.

Art. 2 -- An Individual's age as of June 1 will determine the age group that he/she will swim in for the entire swim season. This applies even if the first meet is before June 1<sup>st</sup>.

Art. 3 -- A swimmer who is 18 must have previously swum for his/her EBSL team.

Art. 4 -- A person with no previous competitive swim participation (defined as "being in the water at practice or meets") may apply for application to the EBSL. (See exception Rule 3, Section 2, Article 5)

Art. 5 -- A swimmer who is a current EBSL league member or applying for the first time and has no prior competitive swim experience (excluding EBSL), is allowed to participate in a USS/ (any competitive) swim program for a trial period.

- a) The trial period is between the **completion of the EBSL League Championship Meet and December 31 of the same year.**
- b) Participation in a USS/ or any competitive swim program after December 31st qualifies the swimmer as "**a swimmer with prior swim experience.**" (See Rule 3, Sec. 2, Art. 6)

Art. 6 -- Swimmers with prior USS/ (or any competitive swim program not including EBSL) experience applying or reapplying to the EBSL

- a) Any swimmer participating in the USS/ (or any competitive swim program not including EBSL) after January 1 will be ineligible to swim in the EBSL that calendar year.
- b) Any USS/ (or any competitive swim program, not including EBSL) competitor who has exceeded the December 31 deadline (see Rule 3, Section 2, Article 5) is ineligible to participate in the EBSL for one EBSL season after they have completed or trained in a competitive program. The swimmer must have quit the USS/ (or any competitive swim program) before June 1 of the previous EBSL season.

Art. 7 -- Swimmers may swim in a "Stroke and Turn Clinic" (not a workout, nor competitive swimming) during the months of January, February, and March not to exceed a total 15 hours/month total water time during this period.

Art. 8 -- **Penalties**

- a) *For an individual submitting an inaccurate League Application, disqualification for the season.*
- b) *For an individual swimming without a League Application on file, disqualification for the meet(s) in which the swimmer has participated.*

### Section 3 -- EAST BAY SWIM LEAGUE SEASON

Art. 1 -- The season starts April 1<sup>st</sup> and ends at the conclusion of the Championship Meet as determined by the Board of Directors.

Art. 2 -- Teams may only practice during the season.

## Art. 3 -- League Divisions

- a) There will be a North and South division in the EBSL.

## i. North Division

Chabot, Columbia, San Leandro, Southgate, Treeview, Washington Manor

## ii. South Division

Glenmoor, Kennedy, Highlands, Mission Valley, Newark, Warm Springs

## Art. 4 -- Each team will compete in seven dual meets during the season

- i. five dual meets with all other teams in their League Division

- ii. The first and last meets of the season will be with teams from the other Division based alphabetically by team name

e.g., North A & B vs. South A & B, then North A & B vs. South C & D

## Art. 5 -- The season will culminate with a Championship Meet to be held on or about the last Saturday in July.

Art. 6 -- **PENALTIES**

- a)
- For a team practicing prior to April 1<sup>st</sup> is forfeiture of scoring and placing at the Championship Meet.*

*Note: Lessons open to the public are not considered team practice.*

**Section 4 -- ENTRIES BY TEAM**

## Art. 1 -- Each team is permitted unlimited entries in an event.

- a) in dual meets, 3 individuals per team can score.
- 
- b) in dual meets, 2 relays per team can score; in the Championship Meet, one relay per team can score.

## Art. 2 -- Relay entries must be designated as Relay A and Relay B on the scoring sheet, along with the names of the individuals participating on each relay.

## Art. 3 -- Entries should be made on league approved pink and blue cards for all meets.

## Art. 4 -- A Consolidated Entry Form listing all of a team's entries, by age group, for a meet should be:

- a) For dual meets, provided to the opposing team's coach at the seeding meeting.
- 
- b) For the Championship Meet The Consolidated Entry Form is:
- 
- i. due on predetermined date set by the EBSL Board of Directors.
- 
- ii. delivered to a location specified by the EBSL Computer Director
- 
- iii. submitted electronically in a format specified by the EBSL Computer Director and on paper in legible hard copy.

*e.g., one working Meet Manager data disk*

*must include paper "hard copy" of the data contained on the disk*

- c) For the Championship Meet Preliminary Seeding the Consolidated Entry Form is
- 
- i. due on predetermined date set by the EBSL Board of Directors.
- 
- ii. in the same format as for Championship Meet.

## Art. 5 -- Teams set their own rules and qualifications to decide which 100 swimmers will swim at Championships.

- Art. 6 -- Because all swimmers are eligible for Championships, no changes will be made to the Championship roster after the seeding meeting except in cases of major injury. These changes must be approved by the Meet Directors and be accompanied by a documented doctor's document.
- Art. 7 -- The home team may limit the number of opponent swimmers participating, number of events swimmers may participate in, and set guidelines within the confines of good sportsmanship to facilitate pool schedules and demands.
- Art. 8 -- At dual meets the home team shall be responsible for providing 8 copies of the entry/score sheet to the visiting team's Meet Director. Copies may be distributed as follows:
- a) Coaches
  - b) Clerks of the Course
  - c) Scorekeepers
- Art. 9 -- It is the responsibility of the Meet Director from each team to notify the League Vice-president or designee, of the final score of a dual meet within 3 days following the meet.
- Art. 10 -- **Penalties**
- a) *Late championship consolidated entry form;*
    - i. *for every day the preliminary disk is late, a \$50.00 penalty will be imposed per day,*
    - ii. *for every day the final disk is late, \$200/day penalty will be charged, up to a maximum of 4 days.*
  - b) *If any team's final disk is over four days late, the team will be disqualified from the Championship Meet.*

## Section 5 -- ENTRIES BY INDIVIDUALS

- Art. 1 -- A competitor shall be permitted to enter a maximum of 4 events, no more than 3 of which shall be individual events. Participation in an exhibition relay shall count as one of the 4 allowed events.
- Art. 2 -- For any meet a competitor officially becomes a participant in an individual event when the official entry card or form bearing the name of the event, competitor's first and last name, team name, and submitted time, if one exists, is submitted at the seeding meeting at the specified time and place, after which there shall be no changes.
- Art. 3 -- A competitor must swim in their age group for all events, except for Rule 3, Section 5, Article 4
- Art. 4 -- If a team has only 3 swimmers in an age group entered in the meet, a 4th swimmer may be moved up from a lower age group to form a complete relay.
- a) If a team has only 2 swimmers in an age group entered in the meet, 2 swimmers may be moved up.
  - b) No more than 2 swimmers may be moved up to form a complete relay.
- Art. 5 -- A swimmer moved up to form a complete relay in a higher age group may not compete in relays in their age group for that meet.

Art. 6 -- If an entered swimmer in Relay A has not swum in any of their entered individual events at the meet, then any otherwise eligible swimmer may replace that swimmer. For Championships, a swimmer may be scratched from an individual event to replace a relay swimmer.

- a) Any such changes must be made in writing to the desk and to all other coaches, prior to the start of the IM.
- b) For Championships, a team may exchange members of their A and B relay teams, if desired, the day of the last dual meet. Changes are due to the computer director by 7PM that day.
- c) Any such changes must be made in writing to the desk and to all other coaches, prior to the start of the IM.
- d) Except at Championships, changes are in writing and submitted for approval to the EBSL Meet Director prior to 7:45am.

Art. 7 -- All competitors, once they have competed in one of their entered events shall compete in all their entered events.

Art. 8 -- A swimmer must swim in at least three dual meets during the season to be eligible for Championships.

Art. 9 -- No changes in entries are permitted after the seeding meeting, except for Rule 3.5.6.

Art. 10 -- **PENALTIES**

- a) *For submitting an entry card that is incomplete, inaccurate or delivered late, the competitor or relay team shall be disqualified from that event.*
- b) *For a competitor entering/attempting to compete in more than the allowable number of events, the competitor is disqualified from event(s) beyond the allowable number.*
- c) *For a competitor participating in more than the permissible number of events, the competitor is disqualified from that event and further competition.*
- d) *For a competitor participating in an event for which they were not entered during the seeding meeting, the competitor is disqualified from that event.*
- e) *For a competitor participating in a relay who is not on the original relay entry submitted at the seeding meeting, except for Rule 3.5.6, the relay team is disqualified from that event.*
- f) *For a competitor entering an event in the wrong age group, except for Rule 3.5.4, the competitor is disqualified from that event.*
- g) *For a coach failing to provide written notice of a Relay Change per Rule 3.5.6, the team's entries in that event are disqualified.*

**Section 6 -- UNIFORMS**

Art. 1 -- It is recommended all swimmers on the team wear suits & caps of identical color or pattern.

Art. 2 -- Each team in the league shall have different Team Colors as follows:

	<b>Team</b>	<b>Abr.</b>	<b>Division</b>	<b>Colors</b>	<b>Mascot</b>	<b>Lanes</b>	<b>Lights</b>
<b>1</b>	Chabot	CH	North	Teal & Black	Marlins	5	yes
<b>2</b>	Columbia	CL	North	Black & green	Crocodile	7	no
<b>3</b>	Glenmoor	GM	South	Red & Black	Stingrays	5	yes
<b>4</b>	Kennedy	KY	South	Purple & White	Seals	6	no
<b>5</b>	Highlands	HI	South	Green & White	Sharks	5	yes
<b>6</b>	Mission Valley	MV	South	Red & White	Barracudas	6	yes
<b>7</b>	Newark	NK	South	Royal Blue & Black	Blue Fins	8	yes
<b>8</b>	San Leandro	SL	North	Red, White & Blue	Drowning Darryl	6	no
<b>9</b>	Southgate	SG	North	Blue & White	Penguins	5	yes
<b>10</b>	Treeview	TV	North	Black & Orange	Dolphins	5	no
<b>11</b>	Warm Springs	WS	South	Blue, Green, & White	Gators	6	yes
<b>12</b>	Washington Manor	WM	North	Royal Blue, Yellow, White	Dolphins	7	portable

Art. 3 -- Competitors shall not wear or use any device to aid their speed or buoyancy. Goggles are permitted and a foreign substance may be applied to the body. The referee may require a competitor using an excessive amount of foreign substance to remove it before competing.

Art. 4 -- A handicapped competitor with a missing limb may use a hand paddle or artificial limb provided it is no larger than the corresponding natural limb and no advantage is gained.

Art. 5 -- The referee may require a competitor who is wearing objectionable or unsafe jewelry/apparel to remove it before competing. If jewelry is worn, it must be covered by a swimming suit, swim cap, or tape.

**Art. 6 -- PENALTIES**

a) *For use of an illegal artificial device: The competitor is disqualified from further competition in that meet.*

**Section 7 -- CONDUCT**

Art. 1 -- No team personnel shall act in an unsportsman like manner. This includes any act the referee deems poor sportsmanship, such as:

- a) making insulting or derogatory remarks, gestures, or acts;
- b) trying to influence or showing disgust with officials' decisions;
- c) interfering with meet officials in the performance of their duties.

Art. 2 -- No team personnel shall enter the water before a race without the referee's approval, nor enter the water during an event in which they are not participants. In the case of young swimmers, a "helper" may enter the pool to encourage the swimmer to finish.

The "helper" may not contact the swimmer while they are participating in an event. Any contact with the swimmer will result in a DQ.

- Art. 3 -- Swimmers shall swim in their assigned lanes throughout the race, and shall not interfere with a swimmer in another lane.
- Art. 4 -- No competitor shall contact the bottom of the pool for the purpose of gaining an advantage during a race.
- Art. 5 -- No competitor shall reenter the water after completion of his/her race, without permission from the referee, after having left it upon completing the race.
- Art. 6 -- Competitors shall leave the pool promptly when requested to do so by the referee.
- Art. 7 -- After the meet starts, swimmers may not swim in any other pools, hot tubs, or other bodies of water during the meet. They may only swim in their events in the competition pool.

Art. 8 -- **PENALTIES**

- a) Team personnel shall be disqualified from further participation for un-sportsman like conduct. For excessive un-sportsman like conduct, team personnel may be ejected from the competitive area.
- b) All participants from a team shall be disqualified from that race when a non-participating team member enters the water during the race (and that person is disqualified from further competition).
- c) A relay team shall be disqualified from the event if an individual member of the relay team is disqualified during the event.
- d) A competitor shall be disqualified from the event for;
- i. entering the water before the race without the referee's permission;
  - ii. not swimming in his/her assigned lane throughout the race;
  - iii. interfering with a swimmer in another lane;
  - iv. contacting the bottom of the pool for the purpose of gaining an advantage;
  - v. reentering the water during the race without the referee's approval.
- e) A competitor who does not leave the pool promptly when requested to do so by the referee shall be disqualified from that event or the next event in which he/she is entered, whichever is appropriate.
- f) When a spectator(s) becomes unruly or interferes with the orderly progress of the meet, the referee shall suspend the meet until meet management removes the individual(s) from the premises.

## **RULE 4 -- OFFICIALS & THEIR DUTIES**

### **Section 1 -- AUTHORIZED OFFICIALS**

- Art. 1 -- Championship swimming competition shall be administered by a referee, starter, stroke inspectors, turn, takeoff and finish judges, timers, a scorer, a recorder and an announcer.
- a) A meet committee and a Meet Director shall assume responsibility for all aspects of meet management.
- b) The Executive Board shall be present and shall call together Team Presidents, or Team representatives, to make decisions on matters not specifically covered by these rules of procedure, or set aside application of a rule during the meet.

- i. Each team shall have 1 (one) vote.
  - ii. In the event of a tie, the League President shall cast a vote to break the tie.
- Art. 2 -- Non-Championship Meets shall be administered by a number of officials sufficient to properly conduct the meet.
- a) It is recommended a minimum of 2 officials administer dual meets.
    - i. The officials shall be the Head Coaches of each team competing.
    - ii. The home team Head Coach is designated as the referee.
  - b) The referee is the head official and is responsible for making decisions on matters not specifically covered by the rules, setting aside application of a rule during a meet or ordering a race re-swum when there is obvious unfairness.
    - i. The referee shall have general supervision of other officials and shall meet promptly with them in order to make a ruling on any situation.
    - ii. The referee's decision is final.
- Art. 3 -- For all dual meets, each team's Head Coach is responsible for stroke, turn and relay inspection and disqualification of their own swimmers.
- Art. 4 -- For the Championship Meet, the number of officials, as well as the responsibilities of each team for providing them, will be determined by the Executive Board of Directors at Championship Planning meeting(s).
- Art. 5 -- An officiating clinic will be held for coaches and all stroke inspectors during the season.
- Art. 6 -- Video equipment shall not be used to verify decisions made during the meet.
- Art. 7 -- It is recommended officials dress uniformly in white attire.

## Section 2 -- THE REFEREE

- Art. 1 -- At least 30 minutes before the meet, the referee shall be available to:
- a) see that all equipment necessary for proper conduct of the meet is in the proper place and condition;
  - b) see that the pool is properly marked;
  - c) assign officials to particular duties, reviewing the positions and responsibilities of each;
  - d) before Non-Championship Meets, if necessary, conduct a pre-meet conference with the starter and coaches from each team to review meet procedures, special instructions and any unusual pool conditions.
- Art. 2 -- During the meet, the responsibilities of the referee are to:
- a) check that each swimmer takes the proper lane, call the swimmers to step onto the starting platform or pool deck and signal the starter that the starting commands may begin;
  - b) order an event to start without delay when a contestant fails to report promptly;
  - c) be in position, and carry a sounding device, to assure a fair start and notify each swimmer who is disqualified for a false start.
  - d) determine disqualification and notify competitors and their coaches of infractions and resulting disqualification immediately following the event in question;
  - e) see that the meet progresses without delay and results are announced promptly;
  - f) resolve any disagreement in one race prior to starting the next race;

- g) assure all competition is conducted according to the rules;
- h) signal by raising one hand over head with open palm immediately upon discovering any swimming violation, except on relay takeoffs in meets using dual confirmation;
- i) prohibit the use of any bells, sirens, horns or other noisemakers during the meet.
- j) within one hour after the meet, the referee shall check the scorer's tabulations and sign the score sheet, thus establishing the official score. The meet score can be reviewed and errors corrected within 24 hours of the completion of the meet.

### Section 3 -- THE STARTER

Art. 1 -- The starter shall:

- a) carry out the provisions of a fair start;
- b) discharge the starting device when the semiautomatic or automatic timing system fails to function properly on the starting signal;
- c) order the recall rope dropped as soon as a signal is given for a recall.
- d) The starting sequence shall be as follows:
  - i. A whistle will be blown by the Head Timer indicating that all timers and recorders are ready.
  - ii. The starter says "*Swimmers on the blocks.*"
  - iii. The starter will announce the length and name of the event (i.e., "*50 yard freestyle*")
  - iv. The starter says "*Take your marks.*"
  - v. The starter sounds the horn.
- e) EBSL will have "**Starter Clinic/Refresher Course**" prior to the first dual meet.
  - i. It is mandatory that every starter & Team referee be present for this course.

### Section 4 -- STROKE INSPECTORS

Art. 1 -- For the Championship Meet, there shall be at least two (2) stroke inspectors, one positioned on each side of the pool, each moving along the length of the swimming course.

Art. 2 -- Stroke inspectors shall:

- a) from the start of the race, examine the swimming strokes, from end wall to end wall, of the competitors assigned to the lanes in the half of the pool nearest the side from which they are observing;
- b) signal by raising 1 hand overhead with open palm immediately upon discovering a violation of the legal swimming stroke, kick or body position;
- c) report the violation to the referee immediately following the race.

### Section 5 -- TURN JUDGES

Art. 1 -- For the Championship Meet, turn judges shall assume positions from which they have an unobstructed view of the swimmers and end wall of the lanes for which they are responsible.

Art. 2 -- Turn judges shall:

- a) examine the last stroke prior to the turn, the turn, the exit from the turn until completion of the first full stroke and the finishes of the competitors in their assigned lane(s);
- b) signal by raising 1 hand overhead with open palm immediately upon discovering a violation of the legal turn or finish;
- c) report the violation to the referee immediately following the race.

## Section 6 -- RELAY TAKEOFF JUDGES

Art. 1 -- Takeoff judges shall assume a position at the starting end of the pool to visually sight the touch of the incoming swimmer's hand and the takeoff of the departing swimmer's feet.

Art. 2 -- For Championship Meets:

- a) A judge shall be assigned to visually observe the touch of the incoming swimmer's hand and the departing swimmer's feet.
- b) In addition, one judge shall be positioned on each side of the pool to judge the takeoffs in lanes on the nearer half of the pool, at the starting end;
- c) Upon observation of a violation, the judge shall record the order number of the swimmer and the lane in which the violation occurred. The side judge shall wait until the last competitor of the heat is in the water before signaling an observed violation by raising a hand, with open palm, overhead. Following the event, the side judges and takeoff judges report any violations to the referee. Only if the side judge and takeoff judge record the same violation is the relay team involved disqualified.

Art. 3 -- For other meets:

- a) 1 takeoff judge shall be positioned on each side of the pool to judge the takeoff lanes in his/her nearer half of the pool at the starting end;
- b) When a takeoff judge observes a violation, this shall be indicated by raising 1 hand overhead with an open palm;
- c) Immediately following the race, the takeoff judge shall report the violation to the referee.

## Section 7 -- TIMERS

Art. 1 -- The chief timer shall instruct each timer before the meet how to time a race, read the watch, when to reset the watch and how to determine the official time.

Art. 2 -- A head lane timer shall be assigned to each lane. This person shall determine if the swimmer has touched the finish pad.

Art. 3 -- The number and duties of timers who shall act officially in timing competition shall be determined in accordance with the timing procedure operative for the meet. In meets where only manual timing is used to determine official time, there shall be a minimum of 2 timers per lane -- 3 is recommended.

Art. 4 -- An alternate timer may be assigned by the chief timer, to be used only if an official timing device malfunctions.

Art. 5 -- At dual meets, each team shall provide 9 timers for the entire meet, the home team provides a chief timer.

Art. 6 -- At dual meets the home lane assignments are 2, 4 and 6 .... Home lanes will have 1 timer and 1 recorder at lanes 2, 4, and 6 .... (away lane assignments 1,3,5 and 7...with 2 away timers at each of these lanes)

**Section 8 -- RECORDER**

Art. 1 -- The recorder shall record the times of the assigned lane, and deliver a time card to the runner.

Art. 2 -- At dual meets, each team shall provide 3 recorders for the entire meet.

**Section 9 -- THE SCORER**

Art. 1 -- The scorer shall:

- a) record the official time, order of finish, contestant(s) name, team and points scored for each event;
- b) maintain current cumulative team scores for the meet;

Art. 2 -- At dual meets, each team shall provide 1 scorer for the entire meet.

**Section 10 -- THE ANNOUNCER**

Art. 1 -- The announcer shall:

- a) make calls for events;
- b) make whatever other statements which may help the competitors know the progress of the meet;
- c) announce the final score.

Art. 2 -- At dual meets, the home team shall provide an announcer for the entire meet.

**Section 11 -- THE CLERK OF THE COURSE**

Art. 1 -- The clerk of the course shall:

- a) check swimmers' names with the entries on the cards;
- b) assist in lining swimmers up by heat and lane;
- c) assist in locating swimmers that haven't reported for their event;
- d) mark "SCRATCH" on all cards for swimmers that do not appear. These cards must be turned in to the recorder at the proper heat and lane;
- e) for 10 and under events, ensure that the cards are brought to the proper heat and lane.

Art. 2 -- At dual meets, each team shall provide 1 clerk of the course for the entire meet.

**Section 12 -- DESK ASSISTANT**

Art. 1 -- The desk assistant shall:

- a) check the results on the cards for any discrepancies;
- b) assist scorers by placing the swimmers in order by time;
- c) assist scorers by recording times on the official score sheet;
- d) notify coaches of any discrepancies or problems with entries or results;

e) write ribbons for the top finishers on their team.

Art. 2 -- At dual meets, each team shall provide at least 2 desk assistants for the entire meet.

**RULE 5 -- MEET MANAGEMENT****Section 1 -- ORDER AND LENGTH OF EVENTS**

## Art. 1 -- Table of EBSL Meet Events

<b>AGE</b>	<b>GIRLS EVENT #</b>	<b>BOYS EVENT #</b>	<b>EVENT</b>	<b>DISTANCE</b>
8 & Under	2	4	Medley Relay	100 Yards
9 - 10	6	8	Medley Relay	100 Yards
11 - 12	10	12	Medley Relay	200 Yards
13 - 14	14	16	Medley Relay	200 Yards
15 - 18	18	20	Medley Relay	200 Yards
6 & Under	21	22	Freestyle	25 Yards
7 - 8	23	24	Freestyle	25 Yards
9 - 10	25	26	Freestyle	25 Yards
11 - 12	27	28	Freestyle	50 Yards
13 - 14	29	30	Freestyle	50 Yards
15 - 18	31	32	Freestyle	50 Yards
8 & Under	33	34	Backstroke	25 Yards
9 - 10	35	36	Backstroke	25 Yards
11 - 12	37	38	Backstroke	50 Yards
13 - 14	39	40	Backstroke	50 Yards
15 - 18	41	42	Backstroke	50 Yards
8 & Under	43	44	Breaststroke	25 Yards
9 - 10	45	46	Breaststroke	25 Yards
11 - 12	47	48	Breaststroke	50 Yards
13 - 14	49	50	Breaststroke	50 Yards
15 - 18	51	52	Breaststroke	50 Yards
8 & Under	53	54	Butterfly	25 Yards
9 - 10	55	56	Butterfly	25 Yards
11 - 12	57	58	Butterfly	50 Yards
13 - 14	59	60	Butterfly	50 Yards
15 - 18	61	62	Butterfly	50 Yards
11 - 12	63	64	Individual Medley	100 Yards
13 - 14	65	66	Individual Medley	100 Yards
15 - 18	67	68	Individual Medley	100 Yards
8 & Under	70	72	Freestyle Relay	100 Yards
9 - 10	74	76	Freestyle Relay	100 Yards
11 - 12	78	80	Freestyle Relay	200 Yards
13 - 14	82	84	Freestyle Relay	200 Yards
15 - 18	86	88	Freestyle Relay	200 Yards

Art. 2 -- By prior consent of both teams, events and/or distances may be changed in a dual meet.

Art. 3 -- Odd numbered relays are used at Championships only for "B" relays only.

**Section 2 -- SEEDING**

- Art. 1 -- In Dual Meets, the coaches of the two teams shall meet for purposes of submitting entries, seeding the meet, and reviewing rules and procedures. This meeting should take place on the Thursday prior to a Saturday meet, or on Monday prior to a Wednesday meet.
- Art. 2 -- In the Championship Meet the time to be considered for purposes of seeding shall be the best competitive time for each swimmer as listed on the entry card and submitted at the seeding meeting. The date and time of the seeding meeting will be set prior to the start of the season.
- Art. 3 -- The highest seeded competitor is the swimmer with the fastest qualifying time or submitted time.
- Art. 4 -- Swimmers with identical submitted times shall be seeded successively by lot.
- Art. 5 -- Swimmers with no submitted times shall be seeded lowest by lot.
- Art. 6 -- Submitted times must be attained during the current dual meet season in official swims only. Times attained during an "exhibition" swim are not official. Relay split times are not official for individual events.

**Section 3 -- LANE AND HEAT ASSIGNMENTS**

- Art. 1 -- Championship Meet lane assignments shall be made in descending order of seeded positions according to the lanes as follows:
- a) In an 8 lane pool
    - Seeds: 1, 2, 3, 4, 5, 6, 7, 8
    - Lanes: 4, 5, 3, 6, 2, 7, 1, 8
  - b) In a 10 lane pool
    - Seeds: 1, 2, 3, 4, 5, 6, 7, 8, 9, 10
    - Lanes: 5, 6, 4, 7, 3, 8, 2, 9, 1, 10
- Art. 2 -- Dual Meets
- a) In pools with 5 lanes for the last heat
    - i. the home team has lanes 2 & 4
    - ii. the away team has lanes 1, 3, & 5,
    - iii. in successive heats this order is alternated.
  - b) In pools with 4, 6 or 8 lanes
    - i. the home team has even numbered lanes
    - ii. the away team has odd numbered lanes.
  - c) If one team has no entries in a lane then the other team may seed a swimmer in that lane.
- Art. 3 -- There shall be a minimum of 3 competitors or relay teams seeded in any timed final.
- Art. 4 -- In the Championship Meet, fastest seeded swimmers shall be placed as a group in the last heat, the next, fastest seeded swimmers as a group in the next to last heat, and so forth.
- Art. 5 -- In the Championship Meet, unofficial relay entries will be seeded in a separate heat, unless there is only one unofficial relay, then it may be included in the official heat in an outside lane.

**Section 4 -- STARTING TIMES**

- Art. 1 -- The Championship Meet will start at the time and place determined by the Board of Directors.
- Art. 2 -- Dual Meets (unless otherwise agreed upon by both teams)
- a) Saturdays      Warm-ups 7:30 am      Meet 8:30 am
  - b) Night Meets      Warm-ups 4:30 PM      Meet 5:30 PM

**Section 5 -- WARM-UP SUPERVISION AND PRACTICES**

- Art. 1 -- During warm-ups each team must be supervised by a qualified coach or lifeguard.
- Art. 2 -- Diving is permitted only in the outside lanes and only as supervised by a coach or lifeguard.
- a) In diving lanes, swimmers shall only swim away from the starting side unless practicing relay takeoffs as supervised by the coach or lifeguard.
- Art. 3 -- Swimmers are not to sit or hang on lane lines.

**Section 6 -- SAFETY RULES AND SWIMMERS' CONDUCT**

- Art. 1 -- All safety rules as posted by the pool are to be followed.
- Art. 2 -- Diving boards and wading pools are off limits at all times during a meet (and any other designated areas).
- Art. 3 -- Swimmers shall follow the directions of adult supervision with regard to safety and pool rules.
- Art. 4 -- Unsafe conditions or conduct shall be brought to the attention of the meet management immediately.
- Art. 5 -- **PENALTIES**
- a) *Swimmers that disregard the warm-up and safety rules shall be disqualified from further competition.*

**Section 7 -- REPORTING FOR THE RACE**

- Art. 1 -- All swimmers shall report to the clerk of the course a minimum of ten minutes prior to the race.

**RULE 6 -- TIMING AND JUDGING****Section 1 -- OFFICIAL TIME**

- Art. 1 -- The official time shall be recorded to the hundredth of a second.
- Art. 2 -- When using timing devices that are calibrate to the thousandth of a second, the last decimal shall be dropped so that the official time reads in hundredths.

**Section 2 -- MANUAL TIMING**

- Art. 1 -- When timing a race, each timer shall start the watch instantly at the flash/sound of the starting device and stop the watch at the instant the contestant being timed touches the finish end.

Art. 2 -- The official time, when 3 watches record different times is the time of the middle watch. If 2 watches record the same time, that time is official. If only 2 watches operate and no alternate timer has been assigned, the official time is the average of the 2 times rounded to the next slower hundredth.

### **Section 3 -- AUTOMATIC COMPUTATION**

- Art. 1 -- When completely automatic judging and timing equipment is operative for a race, its computation is official to the hundredth.
- Art. 2 -- The backup system will be Manual Timing.
- Art. 3 -- The backup system shall be operative for all races in which the automatic equipment malfunctions. The relative order of finish for contestants in lanes in which the equipment functions properly shall not be changed during the integration of backup times. A difference of 0.3 seconds or more between automatic and backup time indicates a potential malfunction.

## **RULE 7 -- SCORING AND AWARDS**

### **Section 1 -- PLACES AND POINTS**

- Art. 1 -- Individuals and relay teams must complete an event to be eligible to place and score points. A competitor who is disqualified from event shall not be eligible to score points in that event. All swimmers are eligible to score points in the events they participate in.
- Art. 2 -- In dual meets, or double dual meets, points are awarded for places as follows:
- Individual events: 6 -- 4 -- 3 -- 2 -- 1
  - Relay events: 8 -- 4 -- 2
  - No team may score more than 3 places in an individual event.
  - No team may score more than 2 places in a relay.
  - If a team does not score at least 2 places in an individual event or score at least one place in a relay event, and they have swimmers participating, then that team gets the points for the last two places points in the individual event or the last place points in the relay event. If they score one place in the individual event and the other team scores 4 places, the team gets the points for their place and the 5<sup>th</sup> place points. If there are no swimmers participating from a team in the event, they do not get the points.
- Art. 3 -- In championship and other multiple team meet scoring, points are awarded for places as follows:
- Individual events: 30 places -- 1<sup>st</sup>- 40, 2<sup>nd</sup>- 38, 3<sup>rd</sup>- 36, 4<sup>th</sup>- 34, 5<sup>th</sup>- 32, 6<sup>th</sup>- 30, 7<sup>th</sup>- 28, 8<sup>th</sup>-26, 9<sup>th</sup>- 24, 10<sup>th</sup>- 22, 11<sup>th</sup>- 20, 12<sup>th</sup>- 19, 13<sup>th</sup>- 18, 14<sup>th</sup>- 17, 15<sup>th</sup>- 16, 16<sup>th</sup>-15, 17<sup>th</sup>- 14, 18<sup>th</sup>- 13, 19<sup>th</sup>- 12, 20<sup>th</sup>- 11, 21<sup>st</sup>- 10, 22<sup>nd</sup>- 9, 23<sup>rd</sup>- 8, 24<sup>th</sup>- 7, 25<sup>th</sup>- 6, 26<sup>th</sup>- 5, 27<sup>th</sup>- 4, 28<sup>th</sup>- 3, 29<sup>th</sup>- 2, 30<sup>th</sup>- 1.
  - For all "A" relays: 1<sup>st</sup>- 60, 2<sup>nd</sup>- 57, 3<sup>rd</sup>- 54, 4<sup>th</sup>- 51, 5<sup>th</sup>- 48, 6<sup>th</sup>- 45, 7<sup>th</sup>- 42, 8<sup>th</sup>- 39, 9<sup>th</sup>- 36, 10<sup>th</sup>- 33, 11<sup>th</sup>- 30, 12<sup>th</sup>- 28. (No points awarded for "B" relays)
  - A team may score unlimited places in an individual event.
  - No team may score more than one place in a relay event.

- e) If a team's Relay A is disqualified, then that team's Relay B will be placed and scored. If both the Relay A and Relay B are disqualified, then the team will receive 0 points.

Art. 4 -- In case of a tie by 2 or more competitors for any place scoring in an event, the points for all places involved in the tie shall be divided equally among the tying competitors.

## Section 2 -- TEAM SCORING

Art. 1 -- The winning team is the team that has accumulated the greatest number of points at the end of the scheduled events.

Art. 2 -- A tie shall be declared when teams accumulate the same number of points at the end of the scheduled events.

Art. 3 -- A forfeited dual meet is scored 68 - 0. The meet referee may declare a dual meet a forfeit when:

- a) a team, without prior notification to the host team, is not ready to start the meet within 30 minutes of the scheduled starting time;
- b) a team refuses to continue competition after the meet has started;
- c) water depth, water conditions and/or starting platforms do not meet rule specifications and there has not been prior mutual consent of the competing team(s).

Art. 4 -- When a meet is suspended due to power failure or other unforeseen circumstances, it may be resumed from the point of suspension. Resumed meets start from the point of suspension with the score and entries the same as they were at the time the meet was suspended.

Art. 5 -- In the event of a forfeit, the teams involved will meet with the EBSL president to discuss the situation regarding the forfeit. The EBSL President will then decide what sanctions or penalties (if any) to impose on the teams involved

## Section 3 -- AWARDS

Art. 1 -- Ribbons and trophies will be purchased by the League, with all teams sharing in the costs.

Art. 2 -- At dual meets, ribbons are awarded for 1st through 5th in individual and 1st through 3rd in relay events.

Art. 3 -- At the Championship Meet, medals are awarded for 1st, 2nd, and 3rd, in both individual and "A" relay events. Ribbons are awarded 4th through 16th in individual events and 4th through 12th in "A" relay events, and 1<sup>st</sup> through 12<sup>th</sup> in "B" relay events.

Art. 4 -- At the Championship Meet, winners of each heat will be awarded a "Heat Winner" ribbon for individual events only.

Art. 5 -- At the Championship Meet, swimmers setting a League Championship Record are awarded a trophy.

Art. 6 -- Championship Team Trophies or Plaques are awarded at the conclusion of the meet, based on the final score.

Art. 7 -- A Divisional Dual Meet Championship Trophy or Plaque will be awarded in each division to the team(s) with the best divisional dual meet record at the conclusion of the dual meet season. This award will be presented at the Championship Meet.

Art. 8 -- A Team Spirit Award will be given to the team that, by vote of the League, has demonstrated the most "Sportsmanship and Team Spirit" during the dual meet season. This award is voted on at the Championship Seeding Meeting, with each team allowed 2 votes. Teams may not vote for themselves.

## **RULE 8 -- SWIMMING EVENTS**

### **Section 1 -- STARTS**

- Art. 1 -- For the forward start, swimmers shall assume any position with at least one foot at the front edge of the starting platform or pool deck. Upon the starting command, "Take your marks," swimmers shall promptly assume a motionless position with their foot/feet at the front edge of the platform or pool deck. When all swimmers are motionless, the starter shall activate a starting device.
- Art. 2 -- For the backstroke start, swimmers shall face the starting end with both hands grasping any part of the starting platform or pool end wall in their assigned lane and with both feet in contact with the side of the starting end with no part of the feet sticking out of the water. Upon the starter's command, "Take your marks," swimmers may assume any motionless position that does not remove them completely from the water nor both hands nor both feet from the pool end. When all swimmers are motionless, the starter shall activate a starting device.
- Art. 3 -- Subject to the discretion of the referee/starter, a false start occurs when a swimmer:
- a) unnecessarily delays in reporting for the start, or in assuming a starting position;
  - b) leaves the mark before the starting signal;
  - c) does not remain motionless immediately prior to the start. Other swimmers are to be released by the command, "Stand up."
- Art. 4 -- In the forward start, swimmers may release from the starting position after the command "Stand up", but they shall not unnecessarily enter the water nor delay a new start.
- Art. 5 -- In the backstroke start, swimmers may release from the starting position after the command "Stand up", but they shall not leave the starting area nor delay a new start.
- Art. 6 -- When 1 or more swimmers have obtained an unfair advantage at the start, all swimmers shall be recalled immediately by a pistol shot or other sounding device and a recall rope.
- Art. 7 -- For any start by a handicapped swimmer the handicapped swimmer's coach or designee may assist the swimmer in starting.
- a) The coach or designee must position them selves so as to not obstruct or interfere with any other swimmer, nor interfere with the vision of the starter, any timer, or official.
  - b) The assistance given the handicapped swimmer shall not give an unfair advantage to that swimmer.
- Art. 8 -- For relay starts the non-starting members of the relay and a coach may be around the starting block
- a) They must position them selves so as to not obstruct or interfere with any other relay, nor interfere with the vision of the starter, any timer, or official.
- Art. 9 -- ***PENALTIES FOR FALSE START:***
- a) 10 & Under
    - i. When a swimmer is charged with a false start the starter shall announce this to the field prior to restarting the race. If a swimmer is charged with a second false start the swimmer or relay team is disqualified from the event, and shall not swim.

- b) 11 & Older
  - i. When a swimmer is charged with a false start the swimmer or relay team is disqualified from the event after it's completion by the starter.

## Section 2 -- FORM OF THE INDIVIDUAL EVENTS

### Art. 1 -- The Backstroke:

- a) The backstroke start shall be used.
- b) The body shall remain on the back to the degree the shoulders do not turn over beyond the vertical plane except while executing a turn.
- c) Any stroke is permitted.
- d) Any kick is permitted.
- e) The turn requires that some part of the swimmer's body contact the end wall. After the final arm pull, the turn must be initiated in a continuous motion with the swimmer assuming a position on the back before a foot/feet leaves the wall.
- f) The finish requires completion of the required distance and contact with the finish end, or when using automatic timing equipment, touching of the finish pad, by any part of the swimmer.

### Art. 2 -- The Breaststroke:

- a) The forward start shall be used.
- b) The body shall remain on the breast with both shoulders in the horizontal plane, except while executing a turn.
- c) On the start or turn, one arm stroke and one leg kick may be made while the swimmer is underwater. The head must break the surface prior to the arms beginning the recovery part of the second arm stroke that is the forward movement of the hands. Thereafter, some portion of the head must break the water surface sometime during each stroke cycle except after the final arm pull prior to the turn or finish.
- d) There shall be no sculling with the hands at the end of the first arm stroke following the start or turn.
- e) The stroke requires both hands be pushed forward from the breast simultaneously on or under the surface of the water. Over-water recoveries are not permitted (Some part of the hand/fingers shall remain in contact with the water).
- f) The kick requires the feet to be drawn up with the knee bent. The feet must be turned outward during the propulsive part of the kick. All movement of the legs and feet shall be simultaneous and in the same horizontal plane. No scissors, flutter, or downward butterfly kick (developed from a flexing and extending of the knee) is permitted.
- g) The turn requires a simultaneous two-hand touch after which any manner of turn is permitted. The legal body position shall be regained prior to the first arm pull or leg kick. Dropping a shoulder after the final arm pull before executing the turn is permitted.
- h) The finish requires completion of the required distance and contact with the finish end, or when using automatic timing equipment, touching of the finish pad, with both hands simultaneously and shoulders horizontal.

### Art. 3 -- The Butterfly:

- a) The forward start shall be used.
- b) The body shall remain on the breast with both shoulders in the horizontal plane, except while executing a turn.
- c) The stroke requires both arms simultaneously pull backward under the water, then simultaneously recover over the water.
- d) The kick requires that both legs and feet move up and down simultaneously in the vertical plane. Scissors, breaststroke and alternating up and down movements of the legs are not permitted.
- e) The turn requires a simultaneous two-hand touch after which any manner of turn is permitted. The legal body position shall be regained prior to the first arm pull or leg kick. Dropping a shoulder after the final arm pull before executing the turn is permitted.
- f) The finish requires completion of the required distance and contact with the finish end, or when using automatic timing equipment, touching of the finish pad, with both hands simultaneously and shoulders horizontal.

Art. 4 -- The freestyle:

- a) The forward start shall be used.
- b) Any body position, stroke and kick are permitted and any combination of styles may be used.
- c) The turn requires that some part of the swimmer's body contact the end wall.
- d) The finish requires completion of the required distance and contact with the finish end, or when using automatic timing equipment, touching of the finish pad, by any part of the swimmer.

Art. 5 -- The crawl:

- a) The forward start shall be used.
- b) The body shall remain on the breast except while executing a turn.
- c) An above water, alternating arm recovery is required.
- d) Any desired kick is permitted.
- e) The turn requires that some part of the swimmer's body contact the end wall.
- f) The finish requires completion of the required distance and contact with the finish end, or when using automatic timing equipment, touching of the finish pad, by any part of the swimmer.

Art. 6 -- The individual medley begins with the forward start. Competitors shall swim the butterfly for the first quarter of the required distance of the complete race, the backstroke for the second quarter, the breaststroke for the third quarter and the crawl for the last quarter. Competitors shall adhere during each quarter of the race to the position, stroke, kick and turn rules governing the stroke being swum.

Art. 7 -- **PENALTIES FOR FORM VIOLATIONS:**

- a) *Swimmer is disqualified from the event.*

### Section 3 -- RELAY EVENTS

Art. 1 -- The medley relay is swum by a team of 4 competitors, each swimming one quarter of the required distance of the race. The first shall use the backstroke start and swim backstroke; the second shall swim breaststroke; the third, butterfly; and the fourth

shall swim the crawl. Each swimmer shall adhere to the position, stroke, kick, turn and finish rules governing the stroke being swum.

- Art. 2 -- The freestyle relay is swum by a team of 4 competitors, each swimming one quarter of the required distance of the race in any style, adhering to the turn and finish rules of the freestyle event. The first swimmer of the relay team shall use the forward start.
- Art. 3 -- All other relay events shall be swum in accordance with all rules governing the strokes involved. In backstroke relay events, all takeoffs except the initial start shall be from a forward start, after which the swimmers are permitted one arm pull in the prone position prior to turning over on their backs.
- Art. 4 -- The first swimmer of a relay team, once called to the starting platform by the referee, shall not change his/her swimming order in the relay event with any teammate.
- Art. 5 -- On the takeoff, the second, third and fourth swimmers on a relay team shall use the legal forward start, but may be in motion before the previous swimmer finishes. The swimmers shall remain in contact with the front edge of the starting platform/pool deck until the previous swimmer has finished. However, moving from the back of the starting platform to the front is permitted provided the swimmer is on the starting platform and does not initiate the action from the pool deck.
- Art. 6 -- The first 3 members of relay teams shall leave the water by the finish end of their lane promptly after finishing their quarter of the race.
- Art. 7 -- **PENALTIES FOR RELAY VIOLATIONS:**
- a) For a violation by an individual member of the relay team, the relay team is disqualified from the event.
  - b) For a non-participating team member entering the water during the race, the team(s) is disqualified from the event, and that individual is disqualified from further competition.

**RULE 9 -- PROTEST****Section 1 --**

## Art. 1 -- Procedure

- a) If a member team wishes to challenge a swimmer's eligibility or an alleged violation of the EBSL Rules it shall file a written statement of the challenge or allegation with the League President,
  - i. with a copy to the President of the Team whose swimmer or conduct is challenged.
- b) Within five (5) days after the League President receives the challenge, he/she shall schedule a meeting
  - i. of a panel consisting of one representative of each Team, at which the challenge shall be ruled upon
- c) Having heard from both parties in dispute.
  - i. A majority of the panel shall be required to rule on the protest.
  - ii. The panel shall make its decision based upon its opinion as to the best interest of the EBSL.
  - iii. The decision of the panel shall be final.