



League Rules and Regulations

~~2014—2016~~

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Revised ~~May 2014~~2016

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Table of Contents

	Page	
League History	3	106 Meet Protocol
Mission Statement	14	106.1 Officials Meeting/ Running a Meet
The League	14	106.2 Hytek Meet Manager Rules
90 League Communication	15	106.3 Standard Dual Meet Events
90.1 Web Page	3	107 Change of Program and Postponement
16		107.1 Cancellations
100 Membership	3	107.2 Unauthorized Cancellations
17		107.3 Meet Time Limit
100.1 Team Membership	3	107.4 Protest
17		108 The League Championships
100.2 Swimmer Eligibility	4	108.1 Eligibility
17		108.2 Individual Entry Limitations
100.3 Team Changes	4	108.3 Relays
17		108.4 Qualifying Times
101 Membership Meetings	4	108.5 Maximum Entries
18		108.6 (None)
101.1 General Membership Meeting	4	108.7 DSA Championship Order of Events Listing
18		108.8 Entries
101.2 (None)		108.9 Scoring
18		108.10 Stroke Rules
101.3 Proposed Constitution/By-Law Changes	4	108.11 False Starts/Delay of Meet
18		108.12 Violation Penalties
101.4 Race Schedules	4	108.13 Plaques/Trophies/Medals/
18		
101.5 Rosters	4	
18		
101.6 Invitational/ Championship Bids	4	
19		
101.7 Team Pages in Handbook	4	
19		
101.8 Gordon Maynes Award	5	
101.9 Swimmer Scholarships	5	
20		
101.10 Fines Due	5	
21		
102 The Executive Board	5	
21		
102.1 The Executive Board	5	
21		
102.2 Officers	5	
21		
102.3 Vacancies	5	
21		
102.4 Duties	5	

102.5 Finances – Dues	5	Ribbons
21		
102.6 Additional Scheduled Executive		108.14 Results
21		
Board Meetings	6	108.15 Records
21		
102.7 Unscheduled Executive Board		109 Stroke and Turn Rules
22		
Meetings	6	109.1 Breaststroke
22		
102.8 Committees	6	109.2 Butterfly
22		
103 Rules for League Competition Dual/		109.3 Backstroke
23		
Tri Meets	7	109.4 Freestyle
23		
103.1 Stroke and Turn Rules	7	109.5 Individual Medley
24		
103.2 Dual/Tri Meet Entries	7	109.6 Relays
24		
103.3 Exhibition Swimmers	7	
103.4 Program Changes	7	
103.5 Extra Heats	7	
103.6 (None)		
103.7 Lane Assignments	7	
103.8 (None)		
103.9 Warm-ups	8	
103.10 Meet Start Time	8	
103.11 Meet Break	8	
103.12 Swimwear	8	
103.13 Scoring	8	
103.14 Awards	8	
103.15 No Alcohol	8	
103.16 No Smoking	9	
104 Facilities/Equipment	9	
104.1 Pool Limits	9	
104.2 Backstroke Flags	9	
104.3 Starting Platforms	9	
104.4 Meet Timing Options	9	
104.5 Pool Depth	10	
105 Officials/Meet Workers	10	
105.1 Officials	10	
105.2 Training	10	
105.3 Required Officials and Duties	10	
105.4 Disqualifications	11	
105.5 Additional Required Meet Workers	13	
105.6 Sample Meet Manager Lane Slip	14	
105.7 Penalties for Insufficient Number of Officials	14	

The current United States of America Swimming stroke and turn rules will govern the officiating of League sanctioned meets. Other rules or modifications to USA Swimming rules are included in this Handbook. This handbook is the sole governing body of rules. The General Membership, at the May meeting only, will approve modifications to any rules.

DELMARVA SWIM ASSOCIATION CONSTITUTION

www.delmarvaswim.org

League History

The Delmarva Swim Association (DSA) is a summer league of 23+ teams on the Delmarva Peninsula, with teams hailing from Virginia, Maryland, and Delaware. The League was formally organized in 1976, although it had existed as a loose federation of teams since about 1963. Formal organization brought about the election of an Executive Board, the standardization of forms, the centralization of scheduling, the adoption of common rules and the assessment of dues. The League has been able to work with a variety of team organizations, clubs, and governmental groups. The League results from the efforts of many people (most of them volunteer) who give of their time and energies so that young people on the Eastern Shore may enjoy healthy learning/competing situations.

Mission Statement

The League strives to help facilitate a safe environment for the athletes that participate in league organized competition, while not infringing upon the structure of individual clubs. The League is open to any team which wishes to join and will subscribe to the by-laws of the League and to the Association's spirit of friendly competition.

The League: Delmarva Swim Association (DSA).

90 League Communication

90.1 Web Page: The Board will maintain a web page to include all the necessary information to keep the league informed.

100 Membership

100.1 Team Membership: Team membership applications must be submitted in writing to the League Secretary by March 1 to be approved for the current summer season. Applications must include facility information, home pools must meet or exceed the criteria set in Section 104.5), coaching staff, and expected number of swimmers. At the pre-season Executive Board meeting, held on the third Tuesday in April, applications will be voted on to approve or deny new teams to the League. It is required that teams use [Hytek Team Manager](#) and Meet Manager.

100.2 Swimmer Eligibility: All swimmers aged 18 and under may participate in the League.
A swimmer's age as of May 31 for the current season determines a swimmer's age group.

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100.3 Team Changes: No swimmer may change team affiliation during any one swimming season. The Executive Board will review exceptions to this rule through a written request to the League Secretary stating the reason for change in team affiliation.

101 Membership Meetings / Application Deadlines

101.1 General Membership Meeting: An annual spring meeting will be held at 6:30 p.m. on the third Thursday in May. This meeting is open to anyone wishing to attend, the location of such meeting will be announced two (2) weeks prior to the meeting. At the meeting, each team is entitled to have one voting representative. Changes to League By-laws, final race schedules, election of new Executive Board members, and all other business will be discussed and voted upon only at this meeting. Each team is required to send a coach and a team representative to pick up team materials. Teams that do not send a coach or team representative will be fined \$50.00. A closed Executive Board meeting will follow the general meeting.

101.2 Intentionally Omitted

101.3 Proposed Constitution/By-law Changes: Proposed changes to the DSA Constitution and/or By-Laws must be submitted in writing to the League Chairperson and any such proposed changes shall be postmarked by March 1 of the year the change is requested.

101.4 Race Schedules: All teams participating in the League must submit a "meet schedule request form" to the Meet Schedule Chairperson by July 15 for the following season. The required submittal may be done on the League web page's electronic form or by hard copy. Teams in each division should attempt to swim each other unless distance makes such scheduling difficult. All teams must submit with the schedule a winter contact person and include a mailing and email address for such contact. Tentative race schedules will be distributed at League Championships, for edit or approval.

101.5 Rosters: Coaches are required to submit a roster of their team's swimmers to the League Secretary by July 1, using [a database such as Hytek Team Manager – TM](#). [To create the file in TM click on "file" then "export" then "athletes / teams"; save the file that is created.] Rosters must be submitted as an attached file via email to the League Secretary. Rosters will be posted on the DSA web page. Teams not submitting full and complete rosters by July 1 will be subject to a \$25.00 fine, due and payable as a condition precedent for entries to be accepted for the Championship Meet. Any additions to the roster should be sent to the League Secretary prior to Championships entry deadline. All swimmers must be bona fide members of the team they represent.

101.6 ~~Invitational / Championship Meet~~ Bids: Bids for the Championship Meet and Invitationals must be received by the League Secretary by the third Thursday in May at the annual general membership meeting to be considered sanctioned meets.

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Championship Meet - Bids for the Championship Meet must be received by the League Secretary by the third Thursday in September for the upcoming summer's championship meet. Proposals can be for up to 2 consecutive years, however, the second year's approval is subject to review and approval by the board after the completion of the first years meet.

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Invitational Meets - Bids for Invitationals must be received by the League Secretary by the third Thursday in May at the annual general membership meeting to be considered sanctioned meets.

101.7 Team Pages in Handbook: Teams must provide the League Secretary, in Microsoft Word™ format, an electronic copy of a single page "Team Data Page" prior to or at the League's General meeting. Each Team Data Page must be updated each year and include the following

- o Team name and address
- o Coaches' phone number(s) and email(s)
- o Team Representative's phone number and email
- o Pool description: blocks, depth at both ends, yards/meters, number of lanes, locker rooms, parking, starting system, snack bar etc.
- o Pool street address for GPS location / phone number if available
- o Directions from north, south, east, west.

Teams with multiple practice pools must designate which pool is the "meet" pool for the season.

101.8 Gordon Maynes Award: Teams shall nominate, and the Executive Board shall vote upon such nomination, an outstanding volunteer in the League to receive a commemorative plaque to honor their dedication to the League each year. Requirements and mailing address are provided on the League's web page. Applications must be received by July 1. The award will be announced at Championships.

101.9 Swimmer Scholarships: Eligible swimmers may apply for, and the Executive Board may award, scholarships at the sole discretion of the Board. The Executive will award such scholarships, if any, based on the number of qualified applicants and the amount of available funds. The Executive Board will award such scholarships, if any, based on the criteria set forth on the League web page. The total number and aggregate amount of such scholarships, if any, will be determined annually by the Executive Board at the Pre-Championship Executive Board Meeting. The League Vice Chairperson must receive applications by July 1, and all applications and accompanying documents must be submitted electronically as a single PDF document. Scholarships will be announced at

Championships.

101.10 Fines Due: All League fines must be received by 8 p.m. on the Saturday before Championships or the fined team(s) cannot participate in the Championships. Teams with fines that are unpaid after Championships will be denied membership to the League for the following season, until the unpaid fines are paid or resolved.

102 The Executive Board

102.1 The Executive Board: The Executive Board will be composed of eleven (11) members, of which four (4) are officers and seven (7) are board members. All eleven (11) members must be nominated and affiliated with a DSA associated team (affiliation can include: parent, entries coordinator, official, coach or any other direct participation with a DSA associated team). Should a member of the Board's affiliation with a team change, they will be considered "unaffiliated" and expected to continue their duties until the next scheduled meeting. At the time of the next meeting, the "unaffiliated" board member's position will be considered vacant and their service to the board is considered complete. Nominations from the general membership will be taken to complete and fulfill the remainder of the term of the vacated position. Team representatives will elect the Executive Board at the General Membership meeting. No more than two (2) members may serve on the Executive Board from any one team. Members will serve a (3) three-year term, with approximately one-third of the Executive Board standing for election each year. The Executive Board shall elect its officers annually. In order to retain membership on the Executive Board, officers and members must attend 75% or more of the Executive Board meetings in any calendar year. Should a member of the Executive Board fail to meet this attendance requirement, such member may be subject to removal from the Executive Board by vote of a majority of the other members of the Executive Board.

102.2 Officers: The officers of the Executive Board shall consist of the Chairperson, Vice-Chairperson, Secretary and Treasurer; and such officers shall be elected by the members of the Executive Board at its first meeting following the Annual Meeting. In addition to voting for officers, the Board at that time shall elect Committee Chairs to serve on an annual basis. Board officers are limited to one (1) Chairperson position. Board members are limited to two (2) Chairperson positions. Committees and or Chairpersons may be removed by a majority vote of the Executive Board.

102.3 _____ Vacancies: The Executive Board shall, by a majority vote of its members, fill any vacancies occurring on the Executive Board until the next Annual Meeting.

102.4 Duties: The Executive Board is authorized to conduct all business of the league.

102.5 Finances – Dues: The Executive Board will set League dues on an annual basis at its Pre-Season Executive Board Meeting. At such meeting, the Executive Board shall also establish fines for failure to remit dues on a timely basis

102.6 Regular Executive Board Meetings: In addition to the May Annual Meeting, the Executive Board will hold the following regular meetings:

- 1. Pre-Season Executive Board Meeting:** Held on the second Tuesday in April to discuss proposed by-law changes, vote on new teams and other pre-season business.
- 2. Pre-Championship Executive Board Meeting:** Held two weeks prior to the Championship Meet to schedule officials, check on league problems that arose during the season, fines, vote on Gordon Maynes Award recipient and the Scholarship Awards. (See additional information at 101.8 and 101.9.)
- 3. Post-Championship Executive Board Meeting:** To review the season and set guidelines for the coming season.

102.7 Unscheduled Executive Board Meetings: Upon the giving of one (1) weeks' notice to the members, Special Executive Board meetings may be called by the Chairperson, or by the Vice-Chairperson in the Chairperson's absence.

102.7.1 Quorum. A quorum of the Executive Board shall consist of a majority of the members of the Board. The Executive Board shall not act without a quorum.

102.8 Committees: From time to time, the Executive Board may establish committees to assist in the proper operation of the League. The following committees shall be standing committees of the Executive Board:

1 Awards Committee: Responsible for ordering all awards for the Championship meet and the Gordon Maynes Award. The committee also is responsible for overseeing the labeling of Championship awards. Awards are labeled by the Championship Host team.

2 Web Page Committee: Responsible for the League's web page.

3 Officials Committee: Responsible for overseeing the training of league officials; maintaining a list of current and one year's past officials; and maintaining the technical rules used to officiate the seasons dual, tri, invitational and Championship meets. The Chairperson of the committee shall appoint, to two (2) year terms, six (6) additional qualified members. The Chairperson must attend all DSA Board meetings. Any proposed rule changes submitted by the Chairperson must be voted upon by the Executive Board for approval. The Officials Chair also acts as the Administrative Referee of the DSA League Championships, scheduling and arranging deck officials, warm-up schedules and lane assignments, and conflict or protest resolutions. The committee shall meet once prior to the Board's April meeting and once concurrently with the pre-championship board meeting.

Qualifications for the 7-person committee:

- o No team may be represented more than once.
- o There shall be no more than two “At Large “ members.
- o Committee members must meet at least one of the following criteria for membership on the committee:
 - o At least three (3) years’ experience as a DSA official and experience at at least one (1) session at the DSA Championships in the last two (2) years;
 - o Certification at any level as a USA Swimming official;
 - o Certification at any level as a YMCA Swimming official;
(Officials Chair is recommended to have multiple of the above certifications.)

4 Scheduling Committee: Responsible for compiling the teams’ dual meet race choices for the following year’s season; and creating an Excel spread sheet as the tentative schedule at or prior to Championships for team review and comment. After Championships, the schedule will be available for final edit at the May meeting.

103 Rules for League Competition Dual/3+ Team Dual Meets:

103.1 Stroke and Turn Rules: The current United States of America Swimming Stroke and Turn Technical Rules will govern the officiating of League sanctioned meets. Sanctioned ~~invitationals~~ invitational shall follow the USA Swimming Stroke and Turn Technical Rules. Invitational entry limits, scoring, awards and other non-stroke and turn rules may vary. 2015 Inter-squad meets are not sanctioned and times from these will not count to champs. (See section 109 for the USA Swimming stroke and turn rules.)

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103.2 Dual / 3+ Team Dual Meet Entries:

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Individual Events / Relays: Dual/ 3+ team dual meet swimmers are limited to a maximum of three (3) individual scoring events and two (2) relays. Teams may enter one or more relays per event, but only one relay per team may score regardless of lane assignment or heat entered. Males and females cannot swim together on any official relay team. **Swim-up:** Any swimmer may be upgraded one (1) age group for individual events and relays as long as they do not exceed the maximum entries rule.

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103.3 Exhibition Swimmers: Swimmers may be entered in more than the three maximum individual events as “exhibition” swimmers only if the “exhibition” box in the TM entries is checked or if the same box is checked in MM if the entry is deck added at the meet. Exhibition swimmers results will have an “X” denoting they are non-scoring swimmers. Coaches must notify officials if exhibition swimmers are swimming any stroke other than the current event stroke.

103.4 Program Changes: Any changes to the meet program must be made to the scorer prior to the event for the change to be effective for scoring.

103.5 Extra heats: No meet may run past 9:15 p.m. - NO EXCEPTIONS. See section 107.3. Adding additional heats does not allow the meet to run past the 9:15 pm deadline. 2015 At the conclusion of a meet if time allows and BOTH coaches agree, additional heats can be added for the purpose of getting champ cut times. These additional -heats will be allowed as long as they are officiated by at least one official from each team and you do not violate the 9:15 ending rule. (The section on Meet Manager has instructions to run the sessions report to determine the anticipated meet conclusion time based on entries and race intervals.) The order of events may not be changed to shorten the meet.

(No Section 103.6)

103.7 Lane assignments:

Home Team = Odd lanes Visitor = Even lanes

The following use of lanes shall apply to all dual meets. All lanes are official.

Home teams use odd and visitors use even lanes as set up in “seeding preferences” in MM.

4-lane pool: 2 for each team

5-lane pool: 2 for each team; alternate use of 5th lane as set up in “seeding preferences” in MM

6-lane pool: 3 for each team.

7-lane pool: 3 for each team; alternate use of 7th lane as set up in “seeding preferences” in MM

8-lane pool: 4 for each team

Meet manager is highly flexible as to how the lane assignments are set up and can be “strictly followed” or it can allow using empty lanes by the other team to avoid running additional unnecessary heats. See the Meet Manager section for more information on lane setup. Meets may be seeded strictly by time only by mutual agreement of both host and visitor coaches prior to the 7 PM entry deadline. (See Section 106.2)

(No Section 103.8)

103.9 Warm-ups: The home team warms up first. The second warm-up time is given to the team that has to travel. At tri-meets, the team that travels the farthest gets the last warm-up slot.

103.10 Meet Start Time: Meets will start at 6 pm. Meets not starting on time may not extend the 9:15pm deadline!

103.11 Meet Break: It is an option to have a ten-minute break between the freestyle and IM events - remember the 9:15pm deadline!

103.12 Swimwear: The swimsuits worn for competition must be non-transparent and conform to the current concept of the appropriate; also, they must meet the current year’s rules set forth by USA Swimming. The Meet Referee shall have the authority to bar offenders from competition until they comply with this rule.

103.13 Scoring –Set up in Meet Manager

Dual meets /3+ Teams Dual Meets : Relays 5-2 Individual events 5-3-1

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Individual Event: 1st, 2nd, and 3rd place score 5, 3, and 1 points respectively. If Team A wins 1st, 2nd, and 3rd place, they are awarded 5 and 3 points only. If Team B had a swimmer finishing in any other place, Team B is awarded the 3rd place 1 point. If Team B does not have a swimmer, the 3rd place 1 point is not awarded at all.

Relay Event: 1st and 2nd place score 5 and 2 points respectively. If Team A wins 1st and 2nd place, they are awarded 5 points only. If Team B had a relay finishing in any other place, Team B is awarded the 2nd place 2 points. If Team B does not have a relay, the 2nd place 2 points are not awarded at all.

Ties Individual Events: 1st place tie - Team A and Team B split the total points for 1st and 2nd place - so each get 4 points a piece. The 3rd place point is awarded to the next swimmer.

2nd place tie - Team A and Team B split the total points for 2nd and 3rd place, so each get 2 points.

3rd place tie - Each team splits the 1 point and is awarded ½ point.

Ties Relay Events: 1

Place tie: Team A and Team B split the points for 1st and 2nd place – so each get 3.5 points.

Scoring Sheet: The official score will be the running score on the run screen on the Meet Manager program.

103.14 Awards: Ribbons will be given out for dual and 3+team dual meets. The home team will supply ribbons for first, second, and third place in individual events, and first and second place for relays. Any and all other ribbons, e.g. fourth place, heat ribbons, and third place relay ribbons are optional.

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103.15 No Alcohol: No Alcohol may be sold or consumed at any DSA meet. Meets that are stopped for this violation must be reported person-to-person to the Chair or Vice Chair immediately.

103.16 No Smoking: No smoking indoors or outdoors shall be permitted in any area designated for swimmers.

104 Facilities / Equipment:

104.1 Pool Limits: Teams with multiple pools must designate which pool is the season's "meet" pool.

104.2 Backstroke Flags: All pools will provide backstroke flags. Yard pool flags will be five yards (15ft) from the ends of the pool and meter pools will be five meters (16ft 5 in) from the end of the pool. All flags must be six to eight inches wide at the top and twelve to eighteen inches in vertical length. Every lane must have at least two or more pendants.

104.3 Starting Platforms: If starting platforms are in use they shall be between one foot eight inches (1 ft. 8 in.) and two foot six inches (2 ft. 6 in.) above the surface of the water. The front edge shall be flush with the face of the end walls. The top surface shall be no less than one foot eight inches (1 ft. 8 in.) square with no more than a ten (10) degree slope toward the water and must be covered with non-slip material.

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104.4 Meet Timing Options:

1 Touch Pads - Automatic primary timing; additionally at least one backup button along with one stop watch must be used, or two stop watches as backup. When times are recorded on a properly functioning electronic timing system, the pad time shall be the official time. The back up times (from watches or buttons) will be utilized to determine and record an official time. If two back ups are used, the average of the two will be used. If three back ups are used, the intermediate time (middle) time will be utilized. In the event of a pad failure, or if the difference between the pad and backup time exceeds thirty (30) hundredths, the backup times will be manually entered in the backup times column on the "run" screen in MM, and the "Calc" button is used to average the times to over-ride the pad time for the new "final time". The meet referee will ensure that adjusted times place swimmers in the proper order of finish as seen/recorded by the False Start / Sweep Official.

2 2-Buttons / Watches: Two (2) semi-manual or manual times. It is required that the average of the two (2) watch times be calculated and that time will be recorded as the official time. Meet manager can be set in the setup / Timing system to allow two (2) watch times to be entered and averaged automatically. Adjustments may be required to ensure consistency with the order of finish.

3 3-Buttons / Watches: Three (3) semi-manual or manual times. The intermediate time (throw out the high and low times) will be utilized and recorded as the official time. In the event that two (2) of the three (3) times are identical, that will be recorded as the official time.

104.5 Pool Depth: All pools must be at least three feet (3 ft.) at the shallow end. Depth measurements will be made 2 feet (2 ft.) out from any walls with the measuring device held vertically. If a pool's depth is in question, the meet referee will measure the water depth. Pools not meeting this depth at the start of the meet is cause to stop the meet or cancel. Cancellation requires notification of the Board per Section 107.1 and are subject to cancellation fines per Section 107.2. In addition, in-water starts must be used for all events whenever pool depth is less than five feet (5 ft.) at the starting end. Starting blocks may be used when pool depth is at least five feet (5 ft.) underneath the blocks.

105 Officials / Meet Workers:

105.1 Officials: In order to participate in the Delmarva Swim Association (DSA), each team must have no less than three (3) DSA officials with up-to-date credentials.

105.2 Training: In order to officiate as a starter, referee, or a stroke and turn official at a DSA sanctioned meet, officials must attend a yearly DSA, YMCA or USA Swimming sponsored training session. DSA will hold at least two training sessions prior to the beginning of the summer swim season. Current DSA Official's credentials shall be displayed by every working official. The list of trained officials will be maintained on the web page under the Officials Button. Officials' should wear a white shirt, dark pants, skirt or shorts so coaches, swimmers and parents will be able to recognize those volunteer's as officials. All officials shall report for duty in sober condition and remain neutral by not showing encouragement for any swimmer (Timers and recorders may cheer, etc. for swimmers.)

105.3 Required Officials and Duties for Dual Meets, 3+ Team Dual Meets and Invitational: All meets require at least three (3) officials to run a meet; it is preferable to have six (6) for a six (6) lane pool, if possible. One (1) Meet Referee, One (1) Starter and One (1) or more Stroke and Turn Judges.

1 One (1) Meet Referee : The meet referee has complete and final authority over the dual meet including sweeps, disqualifications and all the officials. This person is usually most experienced person at the meet. The Meet Referee may also be a Stroke and Turn Official.

At the commencement of each heat, the Referee shall signal to the swimmers by a short series of whistles to remove all clothing except for swimwear, followed by a long whistle indicating that they should take and maintain their positions on the starting platform, the deck, or in the water. In backstroke and medley relay events, at the Referee's first long whistle, the swimmers shall immediately enter the water and at the second long whistle shall return without undue delay to the starting position. When the swimmers and officials are ready, the Referee shall signal with an outstretched arm to the Starter that the swimmers are under the Starters control.

The Referee will observe the start of all races for swimmers false starting. If the Referee observes a false start, the Referee will confirm with the Starter as to which lane committed the false start. If this dual confirmation is not possible, no false start shall be charged. Finally, the Referee shall record sweeps for each race. A sweep recording page is available on the web page under League Forms – Sweeps. The Meet Referee may use sweeps only to resolve disputes that are presented by a scorekeeper.

2 One (1) Starter

A. Equipment: Loudspeaker start system and an electronic strobe signal is the preferred starting device.

B. The Start: The Starter shall stand within ten (10) feet of the starting end of the pool. Upon signal from the Referee, the starter shall assume control of the swimmers until a fair start has been achieved. On the Starters command “take your mark”, the swimmers shall immediately assume their starting position, in the forward start, with at least one foot at the front of the starting platform or the deck. Swimmers starting in the water must have at least one hand in contact with the wall or starting platform. When all swimmers are stationary, the Starter shall give the starting signal. When a swimmer doesn’t respond promptly to the command “take your mark”, the Starter shall immediately release all swimmers with the command “stand please” upon which the swimmers may stand up or step off the blocks.

C. False Starts: Any swimmer starting before the starting signal is given shall be disqualified if the Referee independently observes and confirms Starter’s observation that a violation occurred. Swimmers remaining on the starting blocks shall be relieved from their starting positions with the "Stand up" command and will step off the blocks if instructed to do so. The Starter shall restart the race upon signal by the Referee.

D. No Recall Start: If the starting signal has been given before the disqualification is declared, the race shall continue without recall. If the Referee independently observes and confirms the Starter’s observation that a violation occurred, the swimmer or swimmers who have false started shall be notified of the disqualification upon completion of the race. If the recall signal is activated inadvertently, no swimmer shall be charged with a false start and the Starter shall restart the race upon signal by Referee.

E. Delay of Meet: Any swimmer who delays the start by entering water or by willfully or deliberately disobeying a command to step on the blocks or to take a starting position, or for any other misconduct taking place at the start, may be disqualified from the event by the Starter with concurrence of the Referee. The Referee shall disqualify a swimmer who fails to appear at the starting platform ready to swim in time for the initial start of his/her heat. Such disqualifications shall not be charged as a false start.

3 One (1) or More Stroke / Turn Officials: Stroke and turn officials watch swimmers in individual and relay races and make the determination if the strokes were swum legally based on the current year USA Swimming rules specified in this document starting under Section 109.

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A. A disqualification can be made only by the official within whose jurisdiction the infraction was committed. If the official is assigned to lanes 1, 2, and 3, he/she cannot disqualify a swimmer in lane 4. Only the official assigned to lanes 4, 5, and 6 who saw the infraction can cite the disqualification.

B. Upon observing an infraction, the stroke and turn official shall immediately raise one hand overhead. If the official does not do so, there shall be no disqualification.

C. Stroke and turn officials should ideally be spaced two (2) on each end of the pool. Each official should cover half of the lanes. In the case of an L-shaped pool, a third official is suggested to be placed at the end of the pool as a turn official and the other official to cover the start of the race to the end of the L so the official does not have to walk around the L for every swim.

D. For dual meets, relay take-offs do not require dual confirmation, but the official must watch the feet of the swimmer on the block to make sure that when the feet leave the block that the swimmer in the water has touched the wall. Again, officials can only call for disqualifications in lanes in which they have jurisdiction.

105.4 Disqualifications:

1 Stroke/Relay Disqualifications (DQ): The Meet Referee will validate all disqualifications. The stroke and turn official should notify the swimmer and must notify lane clerk of any disqualifications prior to swimming any other events. DQ slips must be completed with the detailed reason for each DQ and given to the Meet Referee. DQ slips must be completely filled in with name and heat and lane information or the DQ will not be valid. The Meet Referee shall send the slips for validated disqualifications to the scorer's table. DQ slips will be given to the teams' coaches at the conclusion of the meet. [DQ slips are available for download on the website under Forms.](#)

2 Non-Stroke Disqualifications:

A. Deliberate Delay or Misconduct: Any swimmer, who delays the start by entering water or by willfully or deliberately disobeying a command to step on the blocks or to take a starting position, or for any other misconduct taking place at the start, may be disqualified from the event by the Starter with concurrence of the Meet Referee. The Meet Referee shall disqualify a swimmer who fails to appear at the starting platform ready to swim in time for the initial start of his/her heat. Such disqualifications shall not be charged as a false start.

B. Any swimmer who acts in an unsportsmanlike or unsafe manner within the swimming venue may be considered for appropriate action or penalty by the referee.

- Swimmer must start and finish the race in the same lane.

D. Standing on the bottom during a freestyle race shall not disqualify a swimmer, but a swimmer must not leave the pool, or walk, or spring from the

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bottom. Standing on the bottom during any other stroke shall result in disqualification.

E. Obstructing another swimmer by swimming across or otherwise interfering shall disqualify the offender, subject to the discretion of the Meet Referee. Dipping goggles in the water or splashing water on the competitor's face or body prior to an event shall not be considered as entering the pool unless the Referee finds that such action is interfering with the competition.

F. Should a foul endanger the chance of success of a swimmer(s), the Meet Referee may allow the affected competitor(s) to re-swim the event. In case of collusion to foul another swimmer, the Meet Referee may, at his/her discretion, disqualify the swimmer for whose aid the foul was committed, as well as the swimmer doing the fouling.

G. No swimmer is permitted to wear or use any device or substance to help his/her speed or buoyancy during a race. Goggles may be worn.

H. Grasping lane dividers to assist forward motion is not permitted.

I. The time and/or place of any swimmer or relay team disqualified either during or following an event shall not be recorded in the results of that event. If awards have been made prior to the decision to disqualify, they shall be returned and made to the proper recipient(s) and if points have been scored by those disqualified, the event shall be re-scored.

J. Any swimmer not entered in a race who enters the pool or course in the area in which said race is being conducted before all swimmers therein have completed the race shall be barred from the next individual event in which that swimmer is entered on that day or the next meet day, whichever is first.

K. Sample DQ form (approved 2009) The current USA Swimming DQ form is the recommended form for all DSA competitions. (Printable form located on DSA website.)

Note: I need to get a new DQ slip:

- **Additional Required Meet Workers (not requiring DSA training):**

1 One (1) HyTek Meet Manager Computer Operator: Usually provided by host team. Enters official times in the program; maintains running score on the screen; enters DQs; edits swimmers in heats; prints ribbon labels.

2 One (1) Heat Results Reader: Usually provided by Visitor but can be from either team. Reads off results to computer operator.

3 One (1) Head Timer -Usually provided by host team. Person in charge of the timers who makes sure all timers are at their assigned lanes and that their stopwatches are working. Starts and stops two watches in case of a lane watch malfunction, providing backup timing.

4 Timers: (A) three timers per lane; or option (B) is two timers per lane:

A. Three Timers (3) / lane – home team provides one (1) timer in each home (odd) lane and two (2) timers in each visitor (even) lane, and the visitor provides two (2) timers in each (odd) home lane and one (1) timer in each of its visitor (even) lanes.

B. Two Timers (2) per lane The home team provides one (1) timer for every lane and the visitor provides one (1) timer for every lane. Meet manager must be set in setup for stop-watch timing and the program will automatically average the times.

C. Timers will start stopwatches on the starting signal, preferably on the strobe light, and stop their watches when any part of a swimmer touches any part of the finish end of the pool. When automatic timing is used, timers will use watches as backup to the timing and may also press a plunger on the finish as additional back up times. Timers in need of backup should raise their hand to get the Head timers attention.

5 Recorders: One (1) per lane (may be a timer) - Each team records its own lane. Host team will provide pre-printed lane slips from Meet manager by which the timers will check that the swimmer named is the one at the blocks. Timers will record all watch times on the pre-printed lane slips.

105.6 Sample Meet Manager Lane Slip with blank line for swimmer times.

Event 25 Girls 7-8 25 Yard Backstroke Finals					Official Time			
Lane 4	Heat 1	Judd, Darcy 7	RIP	36.06	_____	_____	_____	_____
Lane 4	Heat 2	Ewing, Madison M 7	CECY	29.58	_____	_____	_____	_____
Lane 4	Heat 3	McCormick, Elizabeth A 7	CECY	27.66	_____	_____	_____	_____
Lane 4	Heat 4	Parosky, Grace M 8	CECY	25.33	_____	_____	_____	_____
Lane 4	Heat 5	Williams, Jillian N 8	CECY	22.59	_____	_____	_____	_____

6 One (1) Runner – run the completed recorder slips to the scoring table after each event.

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7 Ribbon Writer - One from each team to sort and stick preprinted Meet Manager result labels on ribbons.

105.7 Penalties for Insufficient Number of Officials: Failure of either team to provide the properly trained DSA officials and additional workers as specified above will be sanctioned in the amount of \$50.00 per meet. The fine will be paid to the League prior to Championships, or the team fined will not be able to participate in League Championships. The League will keep \$10.00 as a processing fee and will reimburse the remainder of the

fine to the opposing team. It is to be understood that small teams traveling may need help with officials and other meet workers.

- **Meet Protocol:**

106.1 Officials Meeting / Running a Meet: Instructions for Running a Meet with Meet

Manager

- Home team warms up. They must be out of the pool in time for the traveling team to have a complete warm-up.
- Both warm-ups should be done by 5:45 so the meet can be started on time.
- Warm up – feet first entry only; swim circle pattern only.
- Sprint lanes for starts - swimmers must exit the pool at the end opposite of the diving blocks and not swim back. A coach must supervise swimmers during warm-ups and sprints.
- Officials and other workers should be gathered and briefed during warm-ups.
- Set duties / locations for stroke and turn judges, give timers instructions.
- Timers – start watches on starter strobe light not the sound. Stop the watches when any part of the swimmer's body touches the wall. Do a test start and stop with timers to make sure the watches are all in the right mode and working. Note who is Head timer.
- Recorders have preprinted lane slips and pencils. Recorders must check that the swimmer on the block is the swimmer who is noted on the lane slip, and if different, record the name of the swimmer who actually swam the race so that the information is reported correctly to the scoring table. If the meet is running too fast, the recorder should raise his/her hand to notify the Meet Referee to let recorders catch up.
- An Official should raise his/her hand for a DQ so that the other Officials and Starter know to suspend the meet until all Officials are back in place. DQ slips are required to be properly completed and given to the Meet Referee for validation. Referee should blow long whistle to signal that the heat can begin. All timers and officials should be in place and ready.
- 6:00 p.m. start meet.

106.2 Hytek Meet Manager Rules:

- Teams are required use Hytek Meet Manager (MM) to run home meets and [a team database such as](#) Team Manager (TM) to submit entries for all DSA Dual, 3+Team Dual, Invitationals and Championship meets.
- Visiting team entries for Dual and 3+ Team Dual meets are due to the host team by 7PM the evening prior to the meet date. 2015 If you are not able to meet this deadline you are required to contact, in person, at the 7 pm deadline either the Chairperson or Vice Chairperson so that a resolution can be ironed out.
- Either team may offer to run the meet under Meet Manager but the home team has preference.

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- The host team will import both the opposing teams entry file and their own entry file. **The host team may not make any changes to their lineup after they import the opposing teams file.** Both teams may still make changes to the line up at the meet if the scoring table is notified prior to the event.
- The host team is responsible for printing a minimum of 15 copies of the meet program for the visiting team for all officials, coaches and bullpen workers at no charge. Meet programs may be printed and sold to parents.
- The host will also print the lane timer sheets from Meet Manager.
- Teams must download and use the” blank” Dual or 3+ Team Dual MM meet from the website as it has been set up to correctly score. The meet name, start date, end date, age up date, meet type, meet style, course, timing options, and seeding preferences have to be edited.
- The host will supply the visitor with meet results via flash drive or email following the meet.
- Meet Manager run meets also requires the host to print ribbon labels as the meet progresses and have them completed by the end of the meet.

106.3 Standard Dual Meet Events: For dual and triangular meets the official list of events will be used.

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DSA Dual Meet Event List with Champ Q Times											
Event #	G/B	Age	Event	Q Yards	Q Meter	Event #	G/B	Age	Event	Q Yards	Q Meter
1	Girls	6 & Under	100 Free Relay	N/A		39	Girls	9 - 10	25 Breaststroke	22.60	25.09
2	Boys	6 & Under	100 Free Relay	N/A		40	Boys	9 - 10	25 Breaststroke	24.00	26.64
3	Girls	7 - 8	100 Free Relay	N/A		41	Girls	11 - 12	50 Breaststroke	43.25	48.01
4	Boys	7 - 8	100 Free Relay	N/A		42	Boys	11 - 12	50 Breaststroke	46.24	51.33
5	Girls	9 - 10	100 Free Relay	N/A		43	Girls	13 - 14	50 Breaststroke	42.39	47.05
6	Boys	9 - 10	100 Free Relay	N/A		44	Boys	13 - 14	50 Breaststroke	40.50	44.96
7	Girls	11 - 12	200 Free Relay	N/A		45	Girls	15 - 18	50 Breaststroke	39.00	43.29
8	Boys	11 - 12	200 Free Relay	N/A		46	Boys	15 - 18	50 Breaststroke	36.50	40.52
9	Girls	13 - 14	200 Free Relay	N/A							
10	Boys	13 - 14	200 Free Relay	N/A		47	Girls	6 & Under	25 Freestyle	N/A	
11	Girls	15 - 18	200 Free Relay	N/A		48	Boys	6 & Under	25 Freestyle	N/A	

12	Boys	15-18	200 Free Relay	N/A		49	Girls	7-8	25 Freestyle	20.32	22.56
13	Girls	7-8	25 Butterfly	25.00	27.75	50	Boys	7-8	25 Freestyle	21.37	23.72
14	Boys	7-8	25 Butterfly	28.22	31.32	51	Girls	9-10	25 Freestyle	16.60	18.43
15	Girls	9-10	25 Butterfly	19.10	21.20	52	Boys	9-10	25 Freestyle	17.80	19.76
16	Boys	9-10	25 Butterfly	21.90	24.31	53	Girls	11-12	50 Freestyle	33.24	36.9
17	Girls	11-12	50 Butterfly	39.74	44.11	54	Boys	11-12	50 Freestyle	34.00	37.74
18	Boys	11-12	50 Butterfly	40.74	45.22	55	Girls	13-14	50 Freestyle	31.50	34.97
19	Girls	13-14	50 Butterfly	36.94	41.00	56	Boys	13-14	50 Freestyle	30.63	34
20	Boys	13-14	50 Butterfly	36.00	39.96	57	Girls	15-18	50 Freestyle	29.89	33.18
21	Girls	15-18	50 Butterfly	33.58	37.27	58	Boys	15-18	50 Freestyle	26.50	29.42
22	Boys	15-18	50 Butterfly	31.00	34.41	59	Girls	9-10	100 I. M.	1.40.00	1.51.00
						60	Boys	9-10	100 I. M.	1.44.00	1.55.44
23	Girls	6 & Un	25 Backstroke	N/A		61	Girls	11-12	100 I. M.	1.26.69	1.36.23
24	Boys	6 & Un	25 Backstroke	N/A		62	Boys	11-12	100 I. M.	1.27.69	1.37.34
25	Girls	7-8	25 Backstroke	25.00	27.75	63	Girls	13-14	100 I. M.	1.22.09	1.31.12
26	Boys	7-8	25 Backstroke	27.00	29.97	64	Boys	13-14	100 I. M.	1.20.28	1.29.11
27	Girls	9-10	25 Backstroke	20.90	23.20	65	Girls	15-18	100 I. M.	1.19.37	1.28.10
28	Boys	9-10	25 Backstroke	23.31	25.87	66	Boys	15-18	100 I. M.	1.13.08	1.21.12
29	Girls	11-12	50 Backstroke	39.90	44.29						
30	Boys	11-12	50 Backstroke	42.54	47.22	67	Girls	7-8	100 Medley Relay	N/A	
31	Girls	13-14	50 Backstroke	38.50	42.74	68	Boys	7-8	100 Medley Relay	N/A	
32	Boys	13-14	50 Backstroke	38.75	43.01	69	Girls	9-10	100 Medley Relay	N/A	
33	Girls	15-18	50 Backstroke	37.50	41.63	70	Boys	9-10	100 Medley Relay	N/A	
34	Boys	15-18	50 Backstroke	36.00	39.96	71	Girls	11-12	200 Medley Relay	N/A	
						72	Boys	11-12	200 Medley Relay	N/A	
35	Girls	6 & Un	25 Breaststroke	N/A		73	Girls	13-14	200 Medley Relay	N/A	
36	Boys	6 & Un	25 Breaststroke	N/A		74	Boys	13-14	200 Medley Relay	N/A	

37	Girls	7-8	25 Breaststroke	28.50	31.64	75	Girls	15-18	200 Medley Relay	N/A
38	Boys	7-8	25 Breaststroke	29.30	32.52	76	Boys	15-18	200 Medley Relay	N/A
Order of Strokes										
Individual Medley: Fly, Bk, Br, Fr										
Medley Relay: Bk, Br, Fly, Fr										

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107 Change of Program and Postponement:

107.1 Cancellations: Cancellations are to occur only under extreme circumstances, and only with authorization from the Executive Board. Pool water depth cancellations require Executive Board notification. Lightning and pool breakdown during a meet are the only two reasons to cancel a meet without prior Executive Board approval. Cancellations will be made as early as possible and must be made person-to-person. Care should be taken to notify traveling teams before their departure. The team canceling the meet is responsible to notify person-to-person the Executive Board Chairperson, or Vice-Chairperson, if the former is unavailable by the next day if a meet does not go to a finish for any reason. Cancellations will not count for the record; swum times count.

107.2 Unauthorized Cancellations: The Executive Board will impose a fine of \$200.00 for every meet a team cancels. The League will retain, for each violation, \$25 as a processing fee, and remit \$175.00 to the team whose meet was cancelled.

- Meet Time Limit:** No meet may run past 9:15 p.m. FOR ANY REASON. A HEAT that was started prior to the deadline may be finished. The Meet Referee shall stop the meet at 9:15 and consult with both teams' coaches to schedule a date to complete the meet if possible. A fine of \$50.00 will be imposed on both teams for meets running past 9:15 p.m. Only meets which have concluded the freestyle events will be counted as being official, and the score for such curtailed meets shall be the score at the end of the freestyle events. Curtailed meets which have not concluded the freestyle events should be scheduled for finish at a mutually convenient time and place, with the meet continuing from that point in the schedule of events where the first meet stopped. If the coaches cannot agree upon a time and place for the continuing of a meet curtailed before the end of the freestyle events, then the meet is canceled. Times swum in events of a curtailed meet will count for qualification in championships, and all swimmers reporting for the meet, if officially begun and not completed, are considered "in a meet" for purposes of the Championship qualification rule 108.1.
- Protest:** A protest is any behavior that another team feels was inappropriate at a DSA practice or meet. Teams must attempt to resolve the issue between themselves first. Teams with unresolved protests can request the Executive Board to mediate the issue. A team's coach must initiate the protest within 12 hours via email to the League Chairperson

and the Vice Chairperson. The League Chairperson shall contact the opposing team's coach to seek a rebuttal which shall be emailed to the League Chairperson and Vice Chairperson within 48 hours of the notification of the protest. The Executive Board will review the protest and rebuttal at the next regular scheduled board meeting; the Executive Board reserves the right to not act on a protest. Any Executive Board member involved in the protest will not vote on the matter. Teams will be notified person-to-person of any decisions made.

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108 The League Championships: These rules override all information in the Championship meet information distributed by the host team.

108.1 Eligibility: All swimmers entered must have competed in at least two (2) dual or triangular meets that season in order to compete in the Championships. These meets must have been included on the official schedule, or have been make-up sessions in which both teams were originally scheduled to participate.

108.2 Individual Entry Limitations: All swimmers must swim in their own age group for all individual events based on the May 31 age-up date.

108.3 Relays:

.1 Every DSA team is entitled to one (1) relay team per age group. Swimmers must still meet the two-meet qualifying rule even if they did not make a qualifying time for individuals at Championships. Alternate relay swimmers must be designated on the team's entries and must not exceed the total number of entries rule. 108.5.

.2 Relay Swim-up: Any swimmer may be upgraded one (1) age group for relays as long as they do not exceed the maximum entries rule as noted in 108.5.

- **Qualifying Times:** All swimmers in individual events must have met the Championship qualifying times during that year's season at official League meets. This shall include any DSA approved Invitational. No "split" times or relay lead-off times shall be submitted, except as herein noted – lead-off times obtained with touch pads in events of 50 yards/meters or more in length are acceptable. Times established in time trials or non-league meets shall not be submitted. Qualifying times shall be set by the Executive Board. There will be no exhibition swimmers. (See Dual Meet Events and Qualifying times Section 106.3.)

108.5 Maximum Entries: Swimmers Ages 7 – 12, may swim in a maximum of four (4) events in one of the following combinations ONLY:

- 1 individual event only
- 1 individual and 1 relay
- 1 individual and 2 relays
- 1 relay only
- 2 individual events only
- 2 individuals and 1 relay
- 2 individual events and 2 relays
- 2 relays only
- 3 individual events only
- 3 individual events and 1 relay

: Swimmers Ages 13 – 18 may swim in a maximum of five (5) events in one of the following combinations ONLY:

Same rules as above but the swimmer may add a fifth event, but it must be the IM.

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108.7 DSA
Championship
Order of
Events
Listing: AM
Session

- 1 Girls 11-12 200 Freestyle Relay
- 2 Boys 11-12 200 Freestyle Relay
- 3 Girls 13-14 200 Freestyle Relay
- 4 Boys 13-14 200 Freestyle Relay
- 5 Girls 15-18 200 Freestyle Relay
- 6 Boys 15-18 200 Freestyle Relay
- 7 Girls 11-12 200 Medley Relay
- 8 Boys 11-12 200 Medley Relay
- 9 Girls 13-14 200 Medley Relay
- 10 Boys 13-14 200 Medley Relay
- 11 Girls 15-18 200 Medley Relay
- 12 Boys 15-18 200 Medley Relay
- 13 Girls 11-12 50 Butterfly
- 14 Boys 11-12 50 Butterfly
- 15 Girls 13-14 50 Butterfly
- 16 Boys 13-14 50 Butterfly

- [17](#) [Girls 15-18 50 Butterfly](#)
- [18](#) [Boys 15-18 50 Butterfly](#)
- [19](#) [Girls 11-12 50 Backstroke](#)
- [20](#) [Boys 11-12 50 Backstroke](#)
- [21](#) [Girls 13-14 50 Backstroke](#)
- [22](#) [Boys 13-14 50 Backstroke](#)
- [23](#) [Girls 15-18 50 Backstroke](#)
- [24](#) [Boys 15-18 50 Backstroke](#)
- [25](#) [Girls 11-12 50 Breaststroke](#)
- [26](#) [Boys 11-12 50 Breaststroke](#)
- [27](#) [Girls 13-14 50 Breaststroke](#)
- [28](#) [Boys 13-14 50 Breaststroke](#)
- [29](#) [Girls 15-18 50 Breaststroke](#)
- [30](#) [Boys 15-18 50 Breaststroke](#)
- [31](#) [Girls 11-12 50 Freestyle](#)
- [32](#) [Boys 11-12 50 Freestyle](#)
- [33](#) [Girls 13-14 50 Freestyle](#)
- [34](#) [Boys 13-14 50 Freestyle](#)
- [35](#) [Girls 15-18 50 Freestyle](#)
- [36](#) [Boys 15-18 50 Freestyle](#)
- [37](#) [Girls 11-12 100 IM](#)
- [38](#) [Boys 11-12 100 IM](#)
- [39](#) [Girls 13-14 100 IM](#)
- [40](#) [Boys 13-14 100 IM](#)
- [41](#) [Girls 15-18 100 IM](#)
- [42](#) [Boys 15-18 100 IM](#)

PM Session

- [43](#) [Girls 7-8 100 Freestyle Relay](#)
- [44](#) [Boys 7-8 100 Freestyle Relay](#)
- [45](#) [Girls 9-10 100 Freestyle Relay](#)
- [46](#) [Boys 9-10 100 Freestyle Relay](#)
- [47](#) [Girls 7-8 100 Medley Relay](#)
- [48](#) [Boys 7-8 100 Medley Relay](#)
- [49](#) [Girls 9-10 100 Medley Relay](#)
- [50](#) [Boys 9-10 100 Medley Relay](#)
- [51](#) [Girls 7-8 25 Butterfly](#)
- [52](#) [Boys 7-8 25 Butterfly](#)
- [53](#) [Girls 9-10 25 Butterfly](#)
- [54](#) [Boys 9-10 25 Butterfly](#)
- [55](#) [Girls 7-8 25 Backstroke](#)
- [56](#) [Boys 7-8 25 Backstroke](#)
- [57](#) [Girls 9-10 25 Backstroke](#)

- [58 Boys 9-10 25 Backstroke](#)
- [59 Girls 7-8 25 Breaststroke](#)
- [60 Boys 7-8 25 Breaststroke](#)
- [61 Girls 9-10 25 Breaststroke](#)
- [62 Boys 9-10 25 Breaststroke](#)
- [63 Girls 7-8 25 Freestyle](#)
- [64 Boys 7-8 25 Freestyle](#)
- [65 Girls 9-10 25 Freestyle](#)
- [66 Boys 9-10 25 Freestyle](#)
- [67 Girls 9-10 100 IM](#)
- [68 Boys 9-10 100 IM](#)

- **Entries:**

.1 Deadlines: All Championship entries must be received by the Meet Entries Director by 8:00 p.m. Saturday the week before Championships. Teams attending a Sunday Invitational may update the entries until 8 p.m. Sunday after that the entries are closed. Entries must be submitted using Hytek Team Manager via email.

.2 Championship Entry Fees: All fees are to be sent directly to the League Treasurer by 5 PM Tuesday prior to Championships. See the meet notice for current address.

.3 Hytek Team Manager Entries: All entries must include swimmer's first and last name, date of birth, age as of May 31, team and events being swum. Downloadable event files for Championships will also be available on the DSA web page.

.4 Event Fees: A per-event entry fee will be charged for a swimmer entered in individual and relay events in the Championships. The Executive Board will determine the amount annually.

.5 Penalties: Any team that has not paid its League dues, fines, Championship entry fees, or has outstanding sanctioned Invitational fees for the current year shall not participate in the League Championships. Swimmers, even if they are seeded in Championships, will not swim if any outstanding fees are unpaid.

- **Scoring: Standard Scoring Non Divisional - All Teams based on 12 awards**

.1 Individual: 16, 13, 12, 11, 10, 9, 7, 5, 4, 3, 2, 1

.2 Relays: 32, 26, 24, 22, 20, 18, 14, 10, 8, 6, 4, 2

- **Stroke Rules:** The meet will be officiated using USA Swimming rules from Section 109 of this document. Championship meet will be run using whistle starts for all events and fly over starts for all events over 50 yards.

108.11 False Starts/Delay of Meet: See Section 105.3.1C, 105.3.1D and 105.3.1E

108.12 Violation Penalties: Any team that willfully violates the meet rules at the Championships shall be penalized the maximum number of points (i.e. first place points), which could be

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awarded in the event in which the infraction occurred. Relays entered with ineligible swimmers will be disqualified during or after the meet.

108.13 Plaques / Trophies / Medals / Ribbons: Plaques shall be presented to the teams finishing first through third in each of three divisions, to be determined annually, immediately following the conclusion of the meet. High-point team age-group trophies for boys and girls are also awarded. Prior year Championships and old trophies are on the web page. Individual medals are awarded for first through third and ribbons for fourth through eighth in every division.

108.14 Results: Results of team ranking, team age-group ranking and individual event results will be posted on the web page, www.delmarvaswim.org, at the conclusion of the meet. A downloadable file of the meet results for Team Manager will also be made available on the web page.

108.15 Records: Championship records will be maintained in yard format and will be updated each year and posted on the web page.

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109 Stroke and Turn Rules: The current USA Swimming technical stroke and turn rules will govern the officiating of League sanctioned meets. Other rules or modifications to USA Swimming rules are included in this Handbook. Championship will use whistle starts for all events and fly over starts for events over 50 yards.

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109.1 BREASTSTROKE

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

.2 **Stroke** — After the start and after each turn when the swimmer leaves the wall, the body shall be kept on the breast. It is not permitted to roll onto the back at any time except at the turn after the touch of the wall where it is permissible to turn in any manner as long as the body is on the breast when leaving the wall.

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.

- .3 **Kick** — After the start and each turn, a single butterfly kick, which must be followed by a breaststroke kick, is permitted during or at the completion of the first arm pull. 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, alternating movements

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.

- .4 **Turns and Finish** —At each turn and at the finish of the race, the touch shall be made with both hands separated and simultaneously at, above, or below the water level. At the last stroke before the turn and at the finish an arm stroke not followed by a leg kick is permitted. 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.

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109.2 BUTTERFLY

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

.2 **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.

.3 **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.

.4 **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.

.5 **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.

109.4 BACKSTROKE

.1 **Start** — The swimmers shall line up in the water facing the starting end, with both hands placed on the gutter or on the starting grips. Standing in or on the gutter, placing the toes above the lip of the gutter, or bending the toes over the lip of the gutter, before or after the start, is prohibited.

.2 **Stroke**—The swimmer shall push off on his back and continue swimming on the back through-out the race. Some part of the swimmer must break the surface of the water

throughout the race, except it is permissible for the swimmer to be completely submerged during the turn, at the finish and 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 of the water.

.3 **Turns** — Upon completion of each length, some part of the swimmer must touch the wall. During the turn the shoulders may be turned past the vertical toward the breast after which a continuous single arm pull or a continuous simultaneous double arm pull may be used to initiate the turn. The swimmer must have returned to a position on the back upon leaving the wall.

.4 **Finish** — Upon the finish of the race, the swimmer must touch the wall while on the back.

109.5 FREESTYLE

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

.2 **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 sub-merged 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.

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

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

109.6 **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.

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

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

.3 **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

109.2.5 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 109.1.4. Once a legal touch has been made, the swimmer may turn in any manner.

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

109.7 RELAYS

.1 **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.

.2 **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.

.3 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 touchplate 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 team-mate 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. Any part of the swimmers body must be on the wall until the incoming swimmer touches the wall.

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