

VALLEY SWIM LEAGUE

RULES AND REGULATIONS REVISED MAY, 2011

The VALLEY SWIM LEAGUE will abide by the National Federation Rules and Regulations with the following exceptions:

I. ELIGIBILITY AND AGE GROUP

1. All swimmers and divers must be members in good standing of their respective clubs. Employees given swimming privileges for the season are not considered members with the exception that a pool manager's children are eligible to compete. Pursuant with the VSL Constitution Article III, Section 4(c):

The club must be a private club (i.e., no daily admission fee and no public or municipal pools) with no special membership available for the purpose of obtaining competitive swimmers). A public pool may be accepted by a vote of all other clubs in the League.

2. A swimmer or diver participating in the Valley Swim League from June 1 until the Valley Swim League Championship Meet, in any one summer season, may only represent a single Valley Swim League team. Swimmers and divers may not represent a team from any other similar summer swim league (i.e., ABE League, Suburban Swim League, Allentown Inner-city League, Bethlehem Inner-city League, Buxmont, Norwin, etc.) during the same summer season the swimmer swims or dives for a Valley Swim League team.
3. A swimmer or diver may participate in an Invitational Meet if that person swims or dives unattached, for his or her Valley Swim League team, or for a recognized year round swim club (i.e., LVAC, YM/YW, JCC).
4. Age group eligibility will be based on a competitor's age as of May 31; i.e., a competitor turning 11 on June 1 would be eligible to compete in the 9 & 10 age group that year.
5. The age groups for swimming are: 8 and under, 9-10, 11-12, 13-14, and 15 & over through the summer season following the last year of high school eligibility. The age groups for diving will be 13 and under and 14 and over. Relays will be 12 and under and 13 and over.
6. In dual meets a swimmer or diver may move up any number of age groups to compete in individual events or on relays.

II. MEET MANAGEMENT

1. The visiting club will have the choice of which official alternate lanes they will use in dual events. In a five lane pool the visiting club will have the choice per event of the use of the exhibition lane.

2. The order of events will be as follows: Diving, Medley Relay, Freestyle, Individual Medley, Free Relay (12 & U), Butterfly, Backstroke, Breaststroke, and Crescendo Free Relay.
3. In dual meets each club shall endeavor to furnish half the required officials. It is the duty of the home club to provide a PIAA official as referee. The assignment of the officials is at the referee's discretion. For diving events, the home and away teams are each required to provide one judge, and the scoring will be done pursuant to PIAA rules of scoring with three judges (the PIAA official shall act as the third judge).
4. The home club must have available at The Table a copy of the Valley Swim League Rules and Regulations and a current copy of the National Federation Swimming and Diving Rule Book.
5. All diving sheets shall be turned in to The Table 20 minutes before the scheduled start of the meet. Three copies of the line-ups must be turned in to The Table 15 minutes before the meet is scheduled to begin. Failure to do either of the above means a 30 point penalty.
6. Coaches may change the entries for an event by informing The Table of the changes to be made at least two events prior to the one in which entries are to be changed. This change must be made before the start of the preceding two events.
7. Coaches, their representatives, or parents are not permitted to look at the other team's line-up once the line-up sheets have been submitted to The Table.
8. All meet postponements due to weather or other reasons, will be re-scheduled for the next Tuesday evening at the regularly scheduled time. There will be no exceptions to this rule unless specifically approved by the President of the Valley Swim League on the night of the postponement. Each team will receive a loss for the meet if this rule is not followed. The decision to postpone a meet shall be made by the manager of the pool hosting the meet, or the person acting under such authority on the host pool's staff. In the event that the home pool's staff determines there to be thunder or lightning, all swimmers and divers shall remain out of the water for a minimum of thirty (30) minutes after which it is up to the home team's pool staff to determine if it is safe to return to the water and resume competition.
9. Line-up sheets ready for a dual meet (Home and Away line-ups cut and taped together) are to be kept by a home team League Representative if postponement of a meet becomes necessary. A coach may not hold them.
10. A person may compete in four events, one of which must be a relay. Diving is considered an individual event.
11. Each meet may have no more than 12 exhibition heats, with a maximum of 6 exhibition heats for each team. The coaches are responsible to insure that they do not schedule more than 6 exhibition heats for their team. Exceptions to this rule by the meet official will not be allowed.
12. The PIAA jewelry rule does not apply.
13. The National Federation no false start rule will not apply to the 8 & under and 9-10 age groups; those age groups will be permitted one false start.

14. Scoring will follow NFA rules. For a six (6) lane pool (maximum of three entries per team), relay scoring will be 8-4-2-0 and individual event scoring will be 6-4-3-2-1-0. Only two relays can score for each team in each relay event. For a five (5) lane pool (maximum of two entries per team), relay scoring will be 6-3-1-0 individual event scoring will be 4-3-1-0.
15. Protest of rule infractions will be handled as follows: Infractions of the rule must be brought verbally to the attention of the Meet Referee no later than thirty (30) minutes following the last event of the meet. The referee's decision will be final, except that Meet Management rule interpretations may be appealed to the President of the Valley Swim League **within 24 hours** of the end of the meet.
16. If an unusual situation develops that prevents a PIAA Official being available, the dual meet may take place if --
 - a. A reasonably knowledgeable person is willing to run the meet.
 - b. Both coaches agree to someone other than a PIAA Official running the meet.
 - c. The president of the Valley Swim League must be contacted prior to the meet and give his/her approval.
17. No later than one week after each meet, the home club will be responsible for forwarding to the League Statistician the complete results (in Hy-Tek format) of the meet for entry into the official league records along with any records that have been broken.
18. The League will keep two sets of records. One set will contain the best times in a yard pool, and the other set will contain the best times in a meter pool. All records will be kept to the hundredths.
19. League awards will be presented at the conclusion of each dual meet season to those teams finishing 1, 2, & 3.

III. SWIMMING

1. The individual swimming events to be contested will be freestyle, butterfly, backstroke, and breaststroke for all five age groups and individual medleys for the 11-12, 13-14, and 15 and over age groups.
2. There shall be a 200 (8 lengths) medley relay for 12 and under, a 200 (8 lengths) medley relay for 13 and over, a 200 (8 lengths) free relay for 12 and under and a 200 (8 lengths) crescendo free relay for boys and girls. The 200 (8 lengths) crescendo free relay shall be composed of one swimmer from each of the five age groups listed in Rule I - 5 with the swimmers to swim in the following order: 8 and under, 11-12, 15 and over, 13-14, and 9-10. The 8 and under and 9-10 swimmers will each swim 25 (1 length), and the others will swim 50 (2 lengths).
3. For the 8 and under and 9-10 age groups all races will be for 25 (1 length) with the exception of the 9-10 freestyle which will be 50 (2 lengths).
4. The 11-12 and the 13-14 age groups will swim 50 (2 lengths) for all events.
5. The 15 and over age group will swim 100 (4 lengths) for all events.

6. All Individual Medleys will be for 100 (4 lengths).

IV. DIVING

1. The age groups for diving are 13 and under and 14 and over.
2. In dual meet competition each dive will do three dives from the one (1) meter board: one (1) voluntary dive, which will be done first, and two (2) optional dives.
3. The voluntary dive for dual meets will be chosen from the following categories: Meet 1: forward group; Meet 2: back group; Meet 3: inward group; Meet 4: twist group; Meet 5: forward group; etc. Any dive from a group may be designated as the voluntary dive with a dd of 1.8 or below. The optional dives must come from at least two of the five groups and may include any of the dives except the voluntary dive.
4. The maximum number of divers permitted for dual meets will be 24. There may be 2 exhibition divers per team, 1 girl and 1 boy if there are vacancies.
The use of those vacancies is not restricted by age, gender, or team.
5. For dual meets, a judging panel of 3 will be used, one judge from the home team, one judge from the visiting team, and the PIAA official shall act as the third judge. Scores from the judges will be added and multiplied by the designated dd for each dive. Each final score for a dive will be added to the other dive scores for a total dive score.

V. GUIDELINES FOR RUNNING MEETS ELECTRONICALLY

1. No coaches, representatives of the coaches, or parents are to see the other team's line –up. Each team's line-up is only to be viewed by the scorers/meet manager operators. No coaches should be involved in operating meet manager.
2. Any roster entry ahead of meets, should just be submitted to scoring personnel, not to coaches
3. Line-ups submitted should be seen only by scoring personnel. There shall be no feedback about entries to coaching personnel, etc. of the opposing team.
4. At the meet, any entry reports printed out for coaches should not include opposing team information. Two versions of the printed line-ups shall be handed out to the coaches: one version to the home team's coaches with only the home team's information, and one version to the away team's coaches, with only the away team's information. Full "meet program" print-outs shall be seen only by scoring personnel and officials.
5. A representative from both teams should still be at scoring table for when times and places are entered. This provides corroboration and checking of errors in entry into computer.

V. CHAMPIONSHIPS - MEET MANAGEMENT

1. The host team for championship shall appoint a Host Director to be responsible for the logistics and details of the meet.
2. The President shall appoint a PIAA Swim Official to be Meet Director. The President, if so qualified, may be Meet Director. It is mandatory for the Meet Director to choose two qualified people to assist him or her in making arbitrary decisions not covered in the rules.
3. The deadline for entries for the championship meet will be the Seeding Meeting.
4. To be eligible for the championship meet, the swimmer or diver must have swum or dived in three league meets prior to the cutoff time for seeding.
5. Entries for the championship meet should list the best time for each swimmer. An entry of “no time” will not be accepted. The seeding time entered for a relay team for the championship meet must be from the current dual meet season, but need not have been set by the four (or five in crescendo) swimmers that are entered in the relay for the championship meet.
6. All seeding times must be from Valley Swim League competitions.
7. In an event that a contestant does not have a qualifying time in the championship length pool, a conversion time may be computed. All conversions shall be done using Hy-Tek format.
8. Each club may enter only one relay team in the Medley, Free and Crescendo relay events.
9. Each club may enter four contestants in each event in the championship meet. Each club may enter one alternate in each individual event with the intent that the alternate may swim if there is sickness or absence of the principal.
10. A contestant may participate in a maximum of four events, one of which must be a relay.
11. In the championship meet a contestant may move up any number of age groups to participate on a relay. However, in the championship meet all contestants must compete in their own age group for individual events.
12. The championship meet will be scored on the basis of eight places for individual (9, 7, 6, 5, 4, 3, 2, 1) and relay (18, 14, 12, 10, 8, 6, 4, 2). Team awards for 1, 2, and 3 will be awarded on the basis of championship meet scoring.
13. The National Federation scratch rule does not apply at the championship meet.
14. The championship meet's order of events will be determined by the League prior to the meet.
15. Each club is required to host Swimming and/or Diving Championships on a rotating basis to be determined by the League.

16. Championship records will be kept in both yards and meters.

VI. CHAMPIONSHIPS – DIVING

1. Each club is allowed to seed a maximum of four (4) qualified divers for each diving event in the Valley Swim League Championships.
2. At the championship meet there will be one (1) voluntary dive and three (3) optional dives from three out of the five different categories. However, one (1) of the optional dives may be in the same category as the voluntary dive.
3. The voluntary dive for Championships may be from any of the groups as long as the degree of difficulty (dd) for the chosen dive is 1.8 or less.

VII. “B” CHAMPIONSHIPS

1. Swimmers qualify for “B” Championships as long as they are either (1) not entered in “A” Championships or (2) entered in only one event (including relays) in “A” Championships.
2. In the event that a swimmer is entered in one event in “A” Championships, he/she cannot swim that same event in “B” Championships.
3. “B” Championships is to be hosted by the team that will host “A” Championships the following year. For example, if Team 1 hosts “A” Championships in 2012, that team will host “B” Championships in 2011.
4. A PIAA official or approved USA Swimming official shall act as meet referee.
5. The deadline for entries for “B” Championships will be at the Seeding Meeting.
6. Entries for “B” Championships should list the best time for each swimmer. Entries of “no time” are permitted for this meet only.
7. All seeding times must be from Valley Swim League competitions.
8. Conversion times may be used. All conversions shall be done using Hy-Tek format.
9. No relays will occur at this meet.
10. A contestant may participate in a maximum of three events if he/she is not entered in “A” Championships. For swimmers entered in “A” Championships in one event, they may swim a maximum of two events, neither of which may be the entered “A” Championship event.
11. Each club may enter an unlimited amount of swimmers for each event.
12. Swimmers are not permitted to move up age groups in this meet.

13. This is a non-scoring meet.
14. The National Federation scratch rule does not apply at this meet.
15. This meet's order of events will be determined by the League prior to the meet.

VIII. MINI MEET

1. Eligible swimmers for this meet are all those who are under the age of eight (8) as of the 31st of May prior to the season commencing.
2. The host club for this meet shall be the club who hosted the "A" Championship Meet the year prior. For example, if Team 1 hosts "A" Championships in 2011, they will host the Mini Meet in 2012.
3. The host club is responsible for finding a meet director and meet referee.
4. This meet shall be a no DQ meet.
5. Swimmers' times from this meet will not be official times and may not be used as seed times for either "A" or "B" Championships.
6. It shall be the duty of both the League and the host club to determine the order and number of events, including relays.
7. It shall be the duty of both the League and the host club to determine how many individual events and relays each participant is allowed to swim.
8. No finish places for either individual events or relays shall be made or given out on ribbons.
9. Teams for outside of the Valley Swim League may participate in this meet.