

**DELAWARE VALLEY SWIM LEAGUE**  
***Rules for Meets***  
**2008 Season**

**GENERAL:**

1. The starting time for the morning meets shall be 8:30 a.m. Warm-ups may begin at 8:00
2. The starting time for the evening meets shall be 6:00 p.m. Warm-ups may begin at 5:30
3. The home club shall:
  - a. have an area designated for each team to stay in and this area shall be for team members only.
  - b. have the pool area prepared to receive visitors by 8:00 a.m. for morning meets and 5:30 for evening meets.
  - c. designate a warm-up time for divers. (The warm-up period for swimmers shall be for 20 minutes following the conclusion of diving.) Lanes designated as 2-way warm up lanes are not to be used for racing take off practice or diving of any kind. *The shallow end of each pool should be 4 feet for diving starts. Take off diving in lanes that do not meet this requirement will be at each team's discretion and League Management is not to be held responsible for any incident resulting from a decision at meet time.*
  - d. keep aprons clear for the officials and the ends clear except for the timers.
  - e. supply a gun for the starter, of the type that will show a clear flash for the timers and loud enough for the swimmers to hear, or other approved starting device such as a strobe or airhorn.
  - f. have two (2) sets of backstroke warning flags set up.
  - g. have a copy of the League rules and current US Swimming and US Diving rule books available during the meet.
  - h. mail a completed copy of the meet results by e-mail and hard copy signed by the starter referee to the League Secretary for the records. Do this *prior to the next dual meet.*
4. The League shall hold a joint clinic of coaches and officials every year.
5. The League shall hold it's officials' clinic yearly. Timers are to be trained to use and read watches. Scoring table workers are to be trained. Diving Judges are also to be trained by certified officials.
6. Each club is to furnish one finish judge to call finishes. Ties will be settled by time. If the time results in a tie, the disputed points will be equally split between the two teams unless the two swimmers are on the same team. *The starter-referee is to settle any other disputes.*
7. Any changes in the format of the meet shall be made by mutual agreement of the coaches and officials of the meet.
8. Age group classifications shall be based upon the swimmer's age as of May 31<sup>st</sup>.

9. Any swimmer or diver participating in a dual meet, whether as an official or unofficial participant, must be a rostered member of the team. The swimmer must be the child of a dues paying member of the swim club and must swim 50% of the dual meet season to be eligible for "A" Championships.
10. Each club shall submit to the League Secretary, prior to the first dual meet, a list of all swimmers and divers, listing full name and birth date of those who will be competing. This list may be added to during the season by notifying the League Secretary prior to the participant competing. A participant may not change rosters during the season. Exceptions must be voted on at a League meeting or automatically extended for teams that do not hold more than fifty swimmers and divers. The exception allows these teams to add an official event exceeding those permitted in this document. See rule 11, page 5.
11. Bona Fide competitors who are eligible to swim in the DVSL are defined as:
 

**CHILDREN OF DUES PAYING MEMBERS OF AN INDIVIDUAL CLUB FOR WHICH THEY SWIM.**
12. A complete list of swimmers and divers must be available to each team's coach prior to the start of each meet.
13. The decision to postpone a dual meet, generally due to inclement weather, shall be made by agreement of the two League reps. (In the absence of the rep, the decision rests with the alternate.) This decision shall be made prior to the beginning of the meet. Once the meet starts, the starter-referee is in charge.
14. If the meet is postponed, it is restarted from the last event. The makeup date for Wednesday night meets will be Thursday night. The makeup date for Saturday morning meets will be Monday night. The CHANGE RULE goes into effect with the first event of the restarted meet. New lineups may be submitted for the postponed meet.
15. In the event of a protest, the referee must be notified immediately. The protest must be submitted in writing to the League President and must be signed by the team's coach and official League representative. This protest must be received by the League President within seventy-two (72) hours of the protested meet's completion. A special League meeting will be held as soon as possible to consider the protest. A letter stating the findings of this meeting will be sent to the party protesting.

**JUDGEMENT CALLS MAY NOT BE PROTESTED.**

**SWIMMING:**

1. Each participant shall be limited to three events. Diving is an event. The following exception exists:  
*For any club with a team roster of 50 or below:  
 Divers who dive one event may swim two individual events and one relay. If they dive two events, they may swim ONLY one relay.*

If a swimmer swims a full complement of events, one must be a relay.
2. The home club shall swim in lanes 1, 3 and 5; the visiting club in lanes 2, 4 and 6.
3. All six lanes shall be official for individual events. Only the center lanes (3,4) are official for relay events.
4. All unofficial relays must swim in the unofficial outside lanes and must swim the entire event announced, except for the 8 & under age group.
5. Under no circumstances can a swimmer swim down (in age) in an event either as an official or unofficial swimmer.

6. All meet sheets shall be completed and turned in before the start of diving. Any changes to the line-up must be made two (2) events in advance of that event being started. (i.e. if event 12 is called by the announcer, no changes can be made to events 13 or 14. - event 15 can be changed.) In the event of an injury or disqualification of a competitor, the starter-referee may waive this rule and enter a competitor in the next two events.

7. Scoring:	Individual events	1 <sup>st</sup> place	5 points
		2 <sup>nd</sup> place	3 points
		3 <sup>rd</sup> place	2 points
		4 <sup>th</sup> place	1 point
Relay events	1 <sup>st</sup> place	8 points	
	2 <sup>nd</sup> place	4 points	

A team can only receive points for its best two places in an event. NO POINTS FOR DISQUALIFICATIONS.

8. A swimmer shall be disqualified after his/her second false start of an event.

9. The 8 & under mixed relay can consist of any mix of four boys and girls, including all of the same sex.

10. Each coach will present dual meet line-ups on diskette for importation into the automated scoring system Meet Manager, adopted as official in Spring of 2008, PRIOR to diving. The table will import the visiting team's line-up and use paper forms only as a back-up to equipment difficulties. For this contingency the table will be provided with the proper forms for the 2008 season only, out of what is remaining from last year's printing.

When instructed the timer from the home team in any given lane shall obtain the name of the swimmer and submit such on the official time sheet.

### DIVING:

1. Diving sheets must be at the clerk's table by 8:00 a.m. for morning meets and by 5:30p.m. for evening meets.

2. The home club shall supply dive judging flash cards, no less than 5 sets at each diving competition

3. The diving age groups shall be and dive in the following order:

15-18 inclusive (3 official divers allowed).

12-14 inclusive (3 official divers allowed).

11 years and under (3 official divers allowed).

4. A maximum of three (3) unofficial divers will be allowed per team. Prior to the day of the competition, *the number of unofficial divers may be increased provided there is mutual agreement between the competing teams' coaches and league representative.*

5. The order of diving shall be: home club - 1, 3 and 5; visitors - 2, 4 and 6.

6. Divers must perform the dive as listed and the position as listed. If a dive is announced incorrectly, the dive must be performed as written. If not immediately rectified and performed as written, the diver will have an opportunity to re-execute the dive. Coaches must be aware and pay attention to announcement of dives.

7. If the dive is done out of position, each judge may award a maximum of two (2) points.

8. The six diving events are scored the same as individual swimming events.

9. Dives:

- a. Each [11 & U] or [12-14] diver shall do three dives, one required and two optional.
- b. Each [15-18] diver shall do four dives, two required and two optional.

10. Required dives:

- a. Required dives are determined prior to the season and are listed on the schedule.
- b. All required dives must be performed from the one-meter board.
- c. The [11 & U] and [12-14] required dives shall be Forward Dive (101), Back Dive (201).
- d. The [15-18] required dives shall be Forward Dive (101), Back Dive (201), Inward Dive (401) or Twist Dive (511). A 400 Inward Dive shall not be a required dive for any age group. Inward Dives Are not permitted for any diver with the exception of the 15-18 age group, e.g. an 11 & under diver may "dive up" in order to perform an official inward dive.

11. Optional Dives

- a. The two optional dives may be from any of the diving groups, 100, 200, 300, 400 or 500. The front jump and the back jump are not permitted.
- b. The two optional dives must be from different groups. These may be the same groups as the required dives. However, neither of the two required dives may be repeated as an optional dive.
- c. Optional dives must be performed from the one-meter board.

12. Excluding any of the aforementioned items, all US Diving rules will be used.

#### **RULES FOR LEAGUE CHAMPIONSHIPS:**

1. A swimmer or diver must have competed in at least 50% of the dual meets (either official or unofficial) during the season to be eligible to enter the League Championships. The competitor's name must be listed on the meet sheets.
2. To be eligible for the League Championships, all swimmers and divers must be registered with the League Secretary three weeks prior to the day of the championships.
3. Each club must provide three timers, one diving judge, one scorekeeper for diving and one scorekeeper for swimming for the League Championships. The League will hire three place judges and a starter/referee. The place judges will also act as stroke and turn officials. Places will be determined by judges, then by modified balloting. All protests shall be handled strictly by the "hired" starter/referee. No decision of this official shall be overturned by a vote of DVSL representatives.
- 3a. The host club for "B" Championships shall supply 2 place judges as back-up for times in the top two heats.
4. Any participant swimming in the Unofficial "B" Championships cannot enter in the League Championships. However, swimmers who are swimming only in a relay in "A" Championships may swim breast, back or fly in "B" Championships.
5. Each club is limited to one entry per event.
6. At the championship meets, the League President or the Vice President, in the absence of the President shall make the decision on postponements.
7. The Championship Meet Director shall notify all clubs of dates, times and other pertinent information regarding the meet.

8. The entry sheets for the swimming section of the championships must be turned in to the meet director prior to the end of the diving championships. Changes may still be made at the scratch meeting.

9. CHAMPIONSHIP SCORING:

<u>Place</u>	<u>Individual</u>	<u>Relays</u>
1 <sup>st</sup>	7	14
2 <sup>nd</sup>	5	10
3 <sup>rd</sup>	4	8
4 <sup>th</sup>	3	6
5 <sup>th</sup>	2	4
6 <sup>th</sup>	1	2

No points will be awarded for disqualifications.

10. Diving Championships:

- a. [11 & U] and [12-14] divers shall do two required dives and two optional dives.
- b. [15-18] divers shall do two required dives and three optional dives.
- c. The required dives shall be Forward Dive (101) and Back Dive (201).
- d. [11 & U] and [12-14] divers may compete in two age groups at "A" Championships. "B" divers may compete in only one age group at championships.  
Diving order will correspond to Rule #3 of Dual meet Competition

11. Each participant shall be limited to three events. One event must be a relay. Diving is an event.

Exception:

*For any club with a team roster of 50 or below:*

*Divers who dive one event may swim two individual events and one relay. If they dive two events, they may swim ONLY one relay.*

12. The rules for the Unofficial "B" Swimming Championships are the same as for the League Championships except as follows:

- a. Each swimmer may swim in only two events.
- b. There will be no relay events; no medley events.
- c. There is no minimum number of meets competed in required to enter "B"s.
- d. There is no team scoring kept.

13. The rules for the Unofficial "B" Diving Championships are the same as for the League Championships except as follows:

- a. There is no minimum number of meets required to enter "B"s.
- b. There is no team scoring kept.
- c. Each club may enter a maximum of 15 divers.
- d. Diving shall be as during a dual meet, with the required novice and junior dive being a Forward Dive (101) and the required senior dives being the Forward Dive (101) and the Back Dive (201).
- e. Participation in "B" diving shall not eliminate a person from swimming in the "A" Championships. It shall eliminate a person from diving in the "A" Championships.
- f. The diving shall start at 6:30 p.m.
- g. Diving sheets must be at the table by 6:00 p.m.

- h. At "B" Championships, a diver may compete in only one age group. Coaches will submit a composite (average) score for each diver for the purpose of seeding. The score will be the total number of points earned during the season divided by the number of meets in which the diver participated. The HOST CLUB for "B" Championships will do the seeding. Heats will be randomly selected.

#### Addendum

According to recent USS rules concerning the use of a butterfly style kick (one Only) on a breastroke turn is now approved for use in the DVSL. This turn involves the use of one butterfly style downward kick with feet together only. This is not to resemble a freestyle kick, and recovery to the breastroke kick must be done prior to the arms reaching an extended position for the next pull. If a judge observes multiple kicks in this fashion, or the feet are not together on this initial kick there shall be a dis-qualification. If the feet are not together it is then a freestyle kick. Please make the distinction. Use of this turn method is not mandatory however it is now allowed for use if the coach/swimmer so chooses.