

Greater Iowa Swim League Swimming Rules

***General Rules**

1.0 USS in water rules(Blue Book) & league name Rules that Govern shall be rules regulating & governing all State Championship meets except as listed in this document.

1.1 Name of Program Staff for each competing Association must be in office of State Competitive Swim Coordinator by Nov. 1st. This person will be designated contact person for all swim team related mailing, emailing, & communication between all associated teams.

1.2 Noncompliance of Rules

1.2.1 Noncompliance of administrative rules will result in a penalty assessed to the individual association, which must be paid prior to the next season. The penalty as determined by League is \$50.00 per occurrence with \$200.00 max.

1.2.1.1 Noncompliance examples are: Deadline dates(Entries, Eligibility, Fees), Team Roster forms by approved age groups (08-Un, 09-10, 11-12, 13-14, Open).

1.2.2 Noncompliance of eligibility rules, results in inability of swimmers to participate in Championship meet.

2.0 Eligibility: Individual & Teams

2.1 Eligibility: Individual

2.1.1 Be a continuous member of association he/she represents.

2.1.2 Must be amateur and League member according to the “Rules of Govern.”

2.1.3 Age of swimmer is calculated as of Dec. 1st of current season. This means that the swimmer will swim age they are on Dec. 1st for entire season. Following are age divisions of competition: 08-under, 09-10, 11-12, 13-14 Open (12-Up).

2.1.3.1 Note: 11 year olds can only move to 13-14 for Relays, NOT Open (12-Up).

2.1.3.2 Note: Swimmers allowed to swim up 1 age group for relay purposes only.

2.2 Eligibility Teams

2.2.1 Each Association or Team:

2.2.1.1 Must have paid their annual Eligibility Fee prior to December 1st of current season to be eligible to participate in League State Championship of that season.

2.2.1.2 Must keep track of swimmers individual meets, a total of 3 regular season meets

3.0 Meets Regular Season

3.1 Regular Season: November 1st thru State Championship.

3.1.1 Meet shall count towards eligibility if:

3.1.1.1 Must have officials knowledgeable with USS or YMCA rules.

3.1.1.2 Meets occur on separate dates.

3.1.1.3 Final meet eligibility (3meets) will be Sat-Sun prior to State Championship.

3.1.1.4 If proof of swimmers 3 meets is questioned, coaches must provide documentation proving swimmer's participation in 3 prior meets.

3.1.1.5 If a swimmers time is questioned at the State Championship, coaches must provide documentation proving the swimmer had met the qualifying time at a prior season dual meet. If proof can not be provide, a fine will be assessed by the Rules Committee.

3.1.1.6 No shallow dives, all 8-Un 25 yd/m individual events shall start in deep end of pool. 2nd and 4th swimmers on 100 yd/m relays shall start in water with at least one hand in contact with end of pool at surface of water until incoming swimmer has touched.

4.0 State Championship meet

4.1 State Meet Rules

4.1.1 Contestant not reporting to Start immediately after event is called, will be scratched at the discretion of the Referee for that even. Still counted as an event but will not DQ them from further competition.

4.1.2 Disqualification for Improper Relay Start. (Must have dual confirmation)

4.1.3 Protests:

4.1.3.1 May only be handled by Coach

4.1.3.2 Must be presented in writing to Referee or designee at meet

4.1.3.3 No video/ pictures may be used in filing a protest

4.1.3.4 Championship Meet Committee Decision Final.

4.1.4 All events are to be timed finals in State Championship meet

4.1.5 Starting blocks shall be used only at starting end of pool (5 ft min water depth for all starting blocks required)

4.1.6 No shallow dives, all 8-Un 25 yd/m individual events shall start in deep end of pool. 2nd and 4th swimmers on 100 yd/m relays shall start in water with at least one hand in contact with end of pool at surface of water until incoming swimmer has touched.

4.1.7 No admission may be charged for a State Meet

4.1.8 Competitor shall not wear jewelry(Except religious or medical medal which must be taped to body.

4.1.9 Clerk of Course to have someone mark participants as they pass through so no one goes over the 3 individual and 2 relay event rule.

4.1.10 You may not use leadoff splits on relays to qualify for State Meet.

4.1.11 Each team may need to supply 2-3 timers for one lane for the whole day at the State meet level.

4.1.12 Swimmers is eligible to swim 3 individual and 2 relays, as long as they have met previously qualifications of attending 3 meets during the season.

4.1.13 Each Eligible League Team Member will be guaranteed 2 swimmers per event. Qualifying times will be used for over the 2 swimmer limit.

4.1.14 Qualifying times may be met during regular season meets.

4.1.15 Warm up schedule: Have 15 minute time slots and divide the teams accordingly keeping in mind distance to meet.

4.2 Awards

4.2.1 Outstanding Swimmer Award will be presented at each State Championship Meet. Each Team may nominate (1) Girl & (1) Boy. Must be submitted by deadline given.

4.2.2 A Volunteer/Staff/Coaches award will be presented at the State Championship meet. Each Team may nominate (1) person to be submitted by deadline given.

4.2.4 Sportsmanship will be awarded to 1 team at each State Championship Meet.

4.2.4.1 Each team will be allowed to vote for (1) team they feel has demonstrated the most sportsmanship throughout the season.

4.2.4.2 A team is not allowed to vote for themselves.

4.2.4.3 Votes will be handed in prior to the week of the State Championship meet.

4.2.4.4 A league committee will count votes together and the Sportsmanship Award will be presented at the State Championship Meet to the team that has earned the most votes.

5.0 Officials

*** App A: Rules that Govern**

5.1 Officials: Regular Season (USS rules shall be used)

5.1.1 Recommended Min of (2) stroke judges, (1) False starter, (1) turn judge, with respectable knowledge of strokes, starts and turns.

5.1.2 When a swimmer is disqualified for improper stroke, dual confirmation is recommended.

5.1.3 Referee needs to sign off on ALL disqualifications.

5.2 Officials-State Level

5.2.1 Judges from other teams along with host, must have swim knowledge of strokes, starts, and turns.

5.2.2 Disqualifications needs dual confirmation.

5.2.3 Referee needs to sign off on ALL disqualifications.