

1 | **RULES OF COMPETITION - ROCKET CITY SWIM TEAM**

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3 **Article I. GUIDING PRINCIPLES**

4 It is the intent of this League to encourage children to participate in both intra-city swimming and
5 diving competition.

6 **Article II. DUAL MEET COMPETITION**

7 **Section 1. Registration.** Participation in a Dual Meet shall constitute official registration as a
8 member of a particular team. A competitor shall be ineligible to compete in the League for any
9 other team than the one for which he is registered until ninety (90) days after his last competition in
10 a League Meet, except with the prior approval of the appropriate Protest Committee.

11 **Section 2. Host Organization Responsibility.** The host member team shall be responsible for
12 directing and scoring the Dual Meets and for distribution of awards according to the general
13 procedures approved by the Council. They shall also be responsible for prompt delivery of the meet
14 results to include the original pink and blue score sheets along with the Official Results Sheet to the
15 Publicity and Records Committee at the conclusion of the Dual Meets. If the host team fails to list
16 the names of all relay swimmers on the pink and blue score sheets, the host team will forfeit all relay
17 points for that Dual Meet.

18 **Article III. CITY CHAMPIONSHIP MEET COMPETITION**

19 **Section 1. Description.** A Rocket City Swim League City Championship Meet shall be held at
20 the end of the summer season. All teams in the League shall be required to participate in the meet,
21 and the results will determine the League and Division Championships and team standings in the
22 League. The events for this meet shall be the same as those held in the regular season Dual Meets
23 in the League.

24 **Section 2. City Championship Meet Direction.** The City Championship Meet shall be
25 organized and directed by the duly constituted City Championship Meet Committee. The Meet
26 Committee shall recommend general procedures and regulations for the Meet to the League Council
27 at the July meeting for approval.

28 **Section 3. Member Organization Responsibility.** Each member organization participating in
29 the League Championship Meet shall be responsible for abiding by the procedural regulations
30 adopted by the League Council and for providing personnel needed to run this meet when requested
31 to do so by the Meet Committee Chairman. Any member organization failing to provide needed
32 worker positions will be assessed a \$25 fine for EACH needed worker position not provided subject
33 to Executive Committee decision. An assessed member organization MUST pay all fines to be in
34 good standing. Only member organizations in good standing can participate in the RCSL.

35 **Section 4. City Meet Entries.** City Meet Entries will include the following:

- 36 1. Entries with names clearly printed on the RCSL official form
- 37 2. Check for the City Meet fee
- 38 3. List of meet workers with phone numbers
- 39 4. Completed forms as necessary
- 40 5. Team roster (of only swimmers in the City Meet) with birthdays, addresses,
41 and phone numbers clearly printed on the RCSL official form. If a team fails
42 to submit the team roster, as stated, that team maybe assessed a fine of 25
43 points deducted from the final results of the City Meet subject to Executive
44 Committee Decision.

45 **Article IV. MISCELLANEOUS**

46 **Section 1. Parliamentary Authority.** The rules contained in Robert's Rules of Order revised
47 shall govern the organization in all cases except when superseded by the Articles and By-Laws.

48 **Section 2.** Amendments. Proposed changes to these Rules must be distributed in writing to all
49 Council members twenty-one (21) days in advance of the Council Meeting at which the amendment
50 is to be presented for vote. If a two-thirds (2/3) majority of the representatives present at the
51 meeting approve the amendment, the Rules shall be so amended.

52 **Section 3.** Quorum. Representatives from a majority of the member organizations must be
53 present to constitute a quorum of the Council. Any three Board members shall constitute a quorum
54 of the Board.

55 **Section 4.** Competitor Age. A diver's eligibility to compete in a particular age group shall be
56 specified in the diving competition rules and regulations. The eligibility of a swimmer in a
57 particular age group will be determined by his date of birth. A swimmer will be placed in the
58 appropriate age group on the anniversary of his date of birth. In instances such as the City
59 Championship Meet when competition extends over two or more days, a swimmer's age shall be
60 fixed by his age on the day the meet begins.
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62 **Section 5.** Required Meetings. All representatives and coaches will be required to attend two
63 meetings each year: 1) Dual Meet Meeting scheduled for the Monday immediately before Dual
64 Meets begin, and 2) City Meet Meeting at a time to be determined by the 1st Vice-President of
65 Swimming in charge of the City Meet and the 2nd Vice-President in charge of Diving.

66 **Section 6.** Competitor Eligibility. All swimmers representing a member club in any League
67 competition must be members of the club for which they compete. Coaches, lifeguards and any
68 other employees of the club may not represent that club in League competition unless they and/or
69 their families are members of that club. The Board will rule on any eligibility disputes with the
70 Rocket City Swim League and that member club's rules as guide. Each member club shall provide a
71 list of eligible competitors at the RCSL meeting on the Monday immediately before Dual Meets
72 begin. This list will be on the RCSL form supplied to member teams or in the same format. All
73 swimmers must be placed in alphabetical order by sex and age group. This list may be revised in
74 writing on the RCSL form (or same format) during the season, but only swimmers so identified
75 prior to a given Dual Meet will be eligible to participate for score in that meet. A swimmer must
76 swim for a member club in at least two (2) RCSL Dual "A" Meets to be eligible to represent that
77 club in the City Championship. Any two teams that have the same scheduled "off" meet per the
78 meet matrix may choose to swim a dual meet whereby all dual meet guidelines and rules are
79 adhered to thus allowing it to be officially counted toward the two meet requirement for City
80 Championship eligibility.

81 **Section 7.** Team Responsibility. Each member team is responsible for notifying RCSL of
82 changes in names, telephone numbers, and addresses of representatives and coaches by March 1 of
83 each year. If this information is not provided to the RCSL Secretary, all correspondence will
84 automatically be mailed to the last known name of each team's representatives. Member teams that
85 do not provide adequate officiating support or facilities to conduct league events may be subject to
86 league removal and not permitted to participate in the RCSL league. Prior to the first meeting and
87 date to be yearly defined by the RCSL Board, each member organization shall formally submit their
88 intent to provide sufficient resources and commitment to compete during the season. This includes,
89 but not limited to:

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- A. Adequate facilities and equipment
- B. Adequate officiating roster
- C. Adequate event liability coverage

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95 [Further details will be outlined herein or shall be defined by the RCSL Board. Failure to provide](#)
96 [acceptance and compliance intent will prohibit a member organization from participating in the](#)
97 [league.](#)
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99 **Article V. GENERAL LEAGUE RULES FOR SWIMMING COMPETITION**

100 **Section 1.** These rules for Dual Meets and City Championship competition are designed to
101 protect the swimmer, provide fair and equitable conditions, and promote uniformity so that no
102 swimmer may gain unfair advantage over another.

103 **Section 2.** RCSL rules will be applied in RCSL competition. The absence of a rule means there
104 is no rule, and all rules of the Unites States Swimming (USS) Technical Rules will apply.

105 **Section 3.** Age Groups.

106 A. Swimming competition will include boys and girls events for the following age groups:

- 107 (1) Six years old and under (individual Freestyle only). A swimmer who participates in
108 the special six and-under individual Freestyle event may also compete in two eight-
109 and-under individual events (other than Freestyle) and all eight-and-under relays.
- 110 (2) Eight years old and under
- 111 (3) Nine and ten years old
- 112 (4) Eleven and twelve years old
- 113 (5) Thirteen and fourteen years old
- 114 (6) Fifteen through seventeen years old

115 Six-and-unders are part of the eight-and-under group for all events, unless the child has
116 participated in the special six-and-under Freestyle; in which case, he may not participate in
117 the eight-and-under Freestyle event.

118 B. Any swimmer may move up one age group in a relay event once in each meet; however, a
119 swimmer who does that may not compete in his/her own age group in the same event. A
120 relay team must include at least three swimmers from the age group.

121 C. Each swimmer may compete in three individual events and three relays.

122 D. No swimmer may move up in an individual event.

123 **Section 4.** Distance.

124 A. The distance will be 25 yards/meters for individual events for six-and-under and eight-and-
125 under; 50 yards/meters for all other age group individual events. Relay events will be 100
126 yards/meters for eight-and under and 200 yards/meters for all other age groups.

127 B. Where USS Rules are cited as applicable, they will be those USS Rules specified for short
128 course events.

129 **Section 5.** Events and their order.

130 A. The events and their order for RCSL meets are: Medley Relay, Freestyle, Breaststroke, Mixed
131 Freestyle Relay, Backstroke, Butterfly, and Freestyle Relay.

132 B. In the City Championship, the events will be the same, but the order may be altered and will
133 be determined by the City Championship Meet Committee and published prior to the start of
134 competition.

135 C. Each team is encouraged to have a male and female parent Freestyle relay and a parent Mixed
136 Freestyle relay. These adults must either be members of the club for which they compete or
137 must have, or have had, a child swimming for that club. The parents' relays are optional, non-
138 scoring events and may be held during Dual Meets and the City Championship. The distance
139 shall be 100 yards/meters, with each swimmer in the relay going 25 yards/meters. Awards are
140 given in the City Meet.

141 D. Each team is encouraged to have an Open individual Freestyle and an Open Medley relay.
142 The participants in these events must be coaches, or members of the pool for which they
143 compete. These relays are optional, non-scoring events and may be held during Dual Meets
144 and the City Championship. The distance shall be 50 yards/meters for the individual Freestyle
145 and 100 yards/meters for the relay, with each swimmer in the relay going 25 yards/meters.

146 **Section 6. Swimming the strokes.**

- 147 A. The applicable rules of the current USS Technical Rules, except as modified here, shall be
148 followed in disqualifying in the Freestyle, Breaststroke, Backstroke, Butterfly, and Relays
149 including false start, stroke, kick, turn, and finish.
- 150 B. In six-and-under and eight-and-under events, a swimmer making an honest attempt to do the
151 stroke will not be disqualified for stroke unless he gains unfair advantage.
- 152 C. Coaching of swimmers while they are swimming or lined up to start is not permitted.
- 153 D. A swimmer and each swimmer in a relay team must start and finish in the assigned lane.
- 154 E. A swimmer or relay team must not obstruct or interfere with another swimmer/relay team.
- 155 F. Swimmers will not wear or use any device or substance to help speed or buoyancy during a
156 race. Goggles may be worn. Any swim cap worn may either be solid in color or have logo
157 printing on it representing that swimmer's RCSL team but may not wear a swim cap
158 representing any other team affiliation.
- 159 G. A swimmer who acts in an unsportsmanlike manner may be disqualified at the discretion of
160 the Referee. Anyone who does not act in a sportsmanlike manner or interferes with the meet
161 may be removed at the discretion of the Referee.

162 **Section 7. Relays.**

- 163 A. The applicable rules of the current USS Technical Rules shall be followed in disqualifying
164 except as modified here.
- 165 B. Relay swimmers must not use a running start.
- 166 C. All relay swimmers must be declared for Dual Meets. Relay swimmers may be changed at
167 Dual Meets, but coaches must submit the change in writing to the scoring table.
- 168 D. Relays will be declared in the City Championship. The method of declaring the relay team
169 members will be for the coach to write the first and last name of each relay team member
170 together with any alternates on the back of the card. The relay must be composed of
171 swimmers whose names appear on the back of the card, but they may chose their own order
172 of swimming. If heats and finals are held, the team competing in the finals must be the same
173 four swimmers who qualified in the heat, but the order may be changed in the finals. The
174 Referee may allow an alternate to swim in a relay if there is legitimate reason to allow the
175 change.
- 176 E. A team may enter more than one relay in a Dual Meet event, but only one will be scored and
177 that relay must be designated before the start of the event.
- 178 F. Competing relays in Dual Meet events must swim in adjacent lanes.
- 179 G. All Mixed Free Relays must be two (2) boys and two (2) girls.

180 **Section 8. Scratches.** A swimmer or relay may scratch at any time without penalty other than
181 loss of points that might have been earned in that event.

182 **Section 9. Dual meets.**

- 183 A. General.
- 184 1. RCSL Dual Meets will be held in accordance with the published League schedule
185 which will designate date, home, and visiting teams.

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- a. In the event weather or other unavoidable circumstances such as power failure or pool machinery failure, the teams can end the meet by the achieved score, by mutual decision of the pool's representatives, or by one team's forfeit.
 - b. The meet may be postponed and conducted on the first date acceptable to both teams.
 - c. If the teams cannot agree on a date or winner, the RCSL President will set a date and both teams will compete. A team that refuses to compete forfeits. All Dual Meets must be finished before the City Championship Meet.
2. If both teams agree, a scheduled Dual Meet may be held at the visiting team's pool, but the team designated as home team on the League schedule must do what is required of the home team by these rules unless both teams agree to a change of responsibility.
 3. A team's number will be determined by the order of finish in the previous year's city meet. This makes the schedule of meets different each year.

Sample matrix:

ODD # YEARS

EVEN # YEARS

SWIM MEET DATES

DUAL MEET DATES

HOME	AWAY	HOME	AWAY	HOME	AWAY
AWAY	HOME	AWAY	HOME	AWAY	HOME
5	1	2	4	3	6
1	4	6	2	3	5
6	1	2	3	4	5
1	3	5	2	4	6
1	2	3	4	5	6

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	A	B	C
1	TEAM STANDINGS FROM PREVIOUS CITY MEET DETERMINE DIVISION STANDINGS		
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4. A team may enter three swimmers in each individual event and all may score except that in a four or five lane pool, a team may enter only two swimmers in each individual event. A team may not swim exhibition swimmers except in the Open Freestyle. A team may enter as many relays as the pool size permits, but only one

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- 214 relay may score and will be designated as the "A" entry. Swimmers not swimming
215 any individual stroke for points may swim Open Freestyle for time and participation
216 ribbon but not for points. Ribbons for this event will be furnished by each team for
217 swimmers participating from their team in Open Freestyle. If weather permits, as
218 determined by the Referee, all age groups will be able to swim in Open Freestyle.
- 219 | 5. Both teams must turn in their written entries at the office of the home pool prior to
220 7:00 p.m. on the day before the meet.
 - 221 | 6. Substitutions will be allowed without penalty in Dual Meets. A coach making
222 changes will inform the scorers so that the score sheets will be an accurate record of
223 those who competed.
 - 224 | 7. There will be but one scored race (heat) per event.
 - 225 | 8. Meets will start at 6:30 p.m. unless both home and visiting teams agree in advance to
226 a time change.
 - 227 | 9. Meets other than officially scheduled RCSL competitions can be scheduled by
228 member teams provided there is no conflict with the RCSL schedule and not until the
229 Dual Meet season has begun.
 - 230 | 10. The host team will deliver one complete legible set of score sheets for all events
231 immediately upon completion of the meet to the RCSL Publicity and Records
232 Committee Chairman.
 - 233 | 11. Upon completion of the meet, the Referee will be given all place judge sheets and all
234 of the individual pink and blue sheets for each race. The Referee will keep these
235 records for at least 24 hours in case there is a clerical error or protest. If these
236 records are not needed by RCSL after 24 hours, the Referee can then discard them.
 - 237 | 12. When a meet concludes with the score having a margin of up to 20 points, the meet
238 will automatically be rescored by an impartial third party appointed by the President.
239 The results of the rescored meet will be given to the President and/or 2nd Vice
240 President-Swimming who will determine the official winner of the meet.
 - 241 | 13. If a team fails to follow the established written procedures of RCSL, that team will
242 be assessed a fine of \$25.00 subject to Executive Committee decision. This fine will
243 be because of but not limited to the following:
 - 244 a. host teams who have not properly prepared pre-meet entries, etc.
 - 245 b. host teams who do not provide (or make arrangements for) the necessary
246 workers as stated on RCSL information sheet for dual meets
 - 247 c. teams who fail to use Official RCSL Forms
 - 248 d. teams who fail to deliver meet entries at the approved time and place.
- 249 It is the responsibility of the opposing team to notify the President when any of
250 these (or other) infractions have occurred. The Executive Committee will then
251 determine if a fine is to be assessed.

252 B. Facilities.

- 253 1. The home team has the choice of lanes, but the lanes will not be alternated. Each
254 team will have an equal number of lanes.
- 255 2. All lanes will be separated by ropes with floats.
- 256 3. Starting blocks will not be used. In the Backstroke start, the swimmer may hold the
257 ankles of a person standing at the pool edge.
- 258 4. The home team must provide Backstroke Flags at both ends of the pool. The flag
259 line will be fifteen (15) feet from the pool end and high enough to ensure that a
260 swimmer does not contact the flags or supporting rope.

261 | [5. The home team is responsible for arranging and providing access to a swim facility](#)
262 | [venue sufficient to conduct dual meet competition as prescribed in the RCSL Rules of](#)
263 | [Competition and USA Swimming technical rules.](#)

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265 | C. Scoring.

- 266 | 1. The order of finish is determined by the place judges. If they cannot agree, then the
267 | order of finish will be determined by the modified ballot system. When two (2)
268 | across-the-board judges are used instead of lane place judges:
- 269 | a. Value will be assigned to each time and place decision as prescribed under the
270 | ballot system.
 - 271 | b. If the two judge's ballots for a contestant agree, that shall be the official place
272 | for the contestant.
 - 273 | c. If all three ballots disagree, the Referee or his designate will evaluate all
274 | information and then determine the order of finish.
 - 275 | d. Place judges must consist of a judge from one team with a scribe from the
276 | opposing team. The scribe will simply record what the place judge calls out
277 | and will not attempt to influence the place of swimmers.
 - 278 | e. All modified ballots must have the signature of the Referee and Table Head
279 | Scorer. If six or more ballots are needed at a given meet, the Referee may
280 | require that place judges be replaced. The Table Head Scorer will notify the
281 | Referee after six ballots have been tabulated.
- 282 | 2. In individual events, the first place swimmer scores five (5) points, the second place
283 | swimmer scores three (3) points, and the third place swimmer scores one (1) point.
284 | All three may be from the same team. No other points are scored in that race. In the
285 | event of a tie, points will be awarded as provided in the current USS Technical
286 | Rules.
- 287 | 3. In relays, the winning relay scores seven (7) points. No other points are scored in
288 | that race. In the event of a tie, each team gets 3.5 points.
- 289 | 4. The team with the highest point total after all events is the winner. If both teams
290 | have the same total points, the meet is a tie.

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291 | D. Awards.

- 292 | 1. The home team will provide the official RCSL ribbons used as awards.
- 293 | 2. First place individual winners receive the blue ribbon; second place individual
294 | winners receive the red ribbon; third place individual winners receive the white
295 | ribbon; fourth place individual winners receive the purple ribbon; fifth place
296 | individual winners receive the gold ribbon; and sixth place individual winners
297 | receive the green ribbon. Each member of a winning relay will receive a blue ribbon,
298 | and each member of a second place relay will receive a red ribbon in "A" relays only.
- 299 | 3. The home team will turn over the ribbons won by each team to the coach at the
300 | conclusion of the meet.

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301 | E. Officials.

- 302 | 1. The home team is responsible for all meet officials.
- 303 | 2. The visiting team has the option of providing one stroke judge, one turn judge, one
304 | place judge, one relay take-off judge, and one scorer. These officials will judge the
305 | home team during the meet.
- 306 | 3. The duties of the officials will be those specified in the applicable rules of the current
307 | USS Technical Rules.

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- 308 | 4. Coaches of teams involved in a meet cannot act as officials at the meet.
309 | 5. There will be at least the following officials for any Dual Meet; an individual may act
310 | in more than one capacity:
311 | a. Referee who must be USS or RCSL certified.
312 | b. Starter who must be USS or RCSL certified.
313 | c. Timers: At least one (1) timer on each lane plus one (1) backup timer.
314 | d. Stroke Judges: Two (2) required and visiting team may provide two (2).
315 | These must be USS or RCSL certified.
316 | e. Place Judges: Two (2) required. Across-the-board method will be used.
317 | Visiting team may provide one (1).
318 | f. Turn Judges: Two required and visiting team may provide one - must be USS
319 | or RCSL certified.
320 | g. Relay Take-off Judges: Two (2) required, one at each end of the pool and
321 | visiting team may provide one (1).
322 | h. Scorers: Two (2) required and visiting team may provide one (1).
323 | i. Announcer: Shall announce the score for each team as soon as possible after
324 | the completion of each event and make other such announcements as the
325 | Referee directs.
326 | 6. Only USS or RCSL Certified Officials will be allowed to disqualify swimmers. If a
327 | team uses an official who is not certified, all disqualifications by that official will be
328 | null and void.
329 | 7. All officials disqualifying a swimmer shall raise a hand and report any
330 | disqualification to the Referee immediately and only the Referee will report
331 | disqualifications to the scorers. Failing to raise a hand at the time of disqualification
332 | shall void the disqualification. In the event of a disqualification, the Referee will see
333 | that both coaches are informed as soon as possible.
334 | 8. Each member organization will have at a minimum two (2) qualified Referee/Starters
335 | and at least one (1) qualified Stroke and Turn judge certified and rostered by RCSL
336 | to their club by the start of their first hosted dual meet. Acknowledgement of this
337 | requirement will be confirmed yearly by each member organization prior to the first
338 | membership meeting and date communicated by the Board.
339 | 9. As situational and circumstantial issues may arise, member organizations are
340 | encouraged to have depth in their officiating roster as a contingency. If a host pool
341 | cannot supply required officials, shortfalls must be addressed through the mutual
342 | consent of the competing pools (rescheduling, use of other RCSL officials, etc.). If a
343 | host pool cannot meet its officiating obligations for a dual meet and no other
344 | recourse is found, the meet will be conducted for participating swimmers to receive
345 | City Meet eligibility credit only. The host pool will forfeit the meet. No records,
346 | DQs, or time result will be processed.
347 | 10. Failure by a member organization to establish and maintain adequate officials and
348 | meet volunteers to conduct dual meets after providing intent to do so may, on vote of
349 | the RCSL, be subject to the member organization's removal from the league for the
350 | next season.
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352 | F. Records.
353 | 1. The home team must have a copy of the current RCSL dual meet records.

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- 354 | 2. The coach of the team with a swimmer attempting to break a record must inform the
- 355 | appropriate officials prior to the race to ensure timers will be available and proper
- 356 | procedure is followed.
- 357 | 3. There must be three times of the record swim recorded by three different timers
- 358 | (relatives of the swimmer are disqualified as timers).
- 359 | 4. The middle time will be the official time.
- 360 | 5. All three times must be listed on the time card with the middle time circled. The time
- 361 | card is to be attached to the long pink/blue form or other approved swim result form.
- 362 | 6. All three times are to be listed by the swimmer's name with an asterisk on the long
- 363 | pink/blue form or other approved swim result form.
- 364 | 7. A note will be made on the front of the RCSL Dual Meet-Official Results Sheet
- 365 | indicating a record was broken.
- 366 | 8. All dual meet forms must be turned in to the appropriate RCSL board member on the
- 367 | night of the meet.

368 | **Section 10. Determination of division order of finish and champions.**

- 369 | A. The championship team in each division shall be the team with the best Dual Meet won-loss
- 370 | record.
- 371 | B. In the event that two or more teams in the same division complete the Dual Meet schedule
- 372 | with the same won-loss record and no team has won more meets than any other, those teams
- 373 | will be declared Co-Champions.
- 374 | C. The RCSL will award a trophy to each Division Champion or Co-Champion team at the
- 375 | completion of season.

376 | **Section 11. Determination of team placement & divisions.**

- 377 | A. The RCSL will be composed of three (3) divisions with an equal number of teams. In the
- 378 | event the total number of League clubs make that impossible, the "A" Division will have one
- 379 | (1) more team than the "B" Division with the "B" and "C" Divisions being equal. If the "B"
- 380 | and "C" Divisions cannot be equal, then the "B" Division will have one (1) more team than
- 381 | the "C" Division.
- 382 | B. Team placement in divisions will be determined by the total points scored by each team in the
- 383 | previous City Meet.

384 | **Section 12. City championship meet.**

- 385 | A. There will be a City Championship swimming competition for all teams of the League
- 386 | following the Dual Meet season.
- 387 | B. The dates and place of the City Championship shall be as specified by the RCSL Council.
- 388 | C. The City Championship Meet Committee will distribute in writing to all member teams the
- 389 | order of events, starting times, scoring system, fees, and any additions to these rules that may
- 390 | be required. Unless otherwise changed, these rules will govern. The RCSL Championship
- 391 | Committee cannot change any of these rules without a majority vote of the RCSL Council.
- 392 | D. Officials will be assigned by the RCSL Championship Meet Committee. Their duties will be
- 393 | those specified in the applicable rules of the current USS Technical Rules and Code of
- 394 | Regulations. Officials must be USS or RCSL certified.
- 395 | E. Entries will be limited to three (3) swimmers in each individual event and one (1) relay team
- 396 | per event per member club. The official entry will include the best time of the individual
- 397 | swimmer or relay team during the current RCSL season in a race measured in yards or
- 398 | converted from meters to yards by multiplying the meter time by the conversion factor, and
- 399 | that time will be used in seeding. **The conversion factor is the default meter to yard by the**
- 400 | **league adopted entry management tool or .901 if no default value is supplied. All member**

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- 401 clubs will be allowed to enter any swimmers not entered in another stroke in the Freestyle in
402 the City Meet. These swimmers will receive exhibition ribbons for 1-16 places but will not
403 score any team points. These individuals will be seeded in separate heats and awarded in
404 different events from City Championship competition as determined by the Meet Director.
405 All age groups are included in this event.
- 406 | F. Heats and finals may be conducted in all events as specified by the RCSL City Championship
407 | Meet Committee.
- 408 | G. Seeding, establishing the order of finish, and scoring for all heats and finals will be in accord
409 | with the rules of the current USS Technical Rules and Code of Regulations.
- 410 | H. Once a team submits its official entry, substitutions will be made by the coach on the Scratch
411 | and Add Form and will require the approval in writing of the Meet Director.
- 412 | I. Coaches of League teams will not serve as meet officials.
- 413 | J. Starting blocks may be used, but any swimmer has the option of not using the block without
414 | penalty.
- 415 | K. The team with the highest point total after all swimming events is the RCSL City Champion.
416 | If two (2) or more teams have the same high point total, Co-Champions will be named.
- 417 | L. Awards:
- 418 | 1. Awards will be provided by the RCSL.
- 419 | 2. A trophy will be awarded to the City Champion Team, the team scoring the second
420 | highest point total, and the team scoring the third highest point total. Trophies will
421 | also be awarded to the "B" Division team and the "C" Division team scoring the
422 | highest total points in the City Meet.
- 423 | 3. Trophies will be awarded to boys and girls teams scoring the highest total points in
424 | each age grouping. Mixed Freestyle Relay points do not count.
- 425 | 4. Individual event winners will receive medals and ribbons as follows: gold for each
426 | first place winner; silver for each second place winner; bronze for each third place
427 | winner; and ribbons of distinctive color for each place scored.
- 428 | 5. Relay team members will receive medals and ribbons as follows: gold for each
429 | member of a winning relay, silver for each member of a second place relay, bronze
430 | for each member of a third place relay; and ribbons of distinctive color for each
431 | member of other relays that score.
- 432 | M. Scoring:
- 433 | 1. In individual events, the first place swimmer scores twenty (20) points, then 17, 16,
434 | 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1 points respectively.
- 435 | 2. In relays, the winning relay scores forty (40) points, then 34, 32, 30, 28, 26, 24, 22,
436 | 18, 14, 12, 10, 8, 6, 4, 2, respectively.
- 437 | 3. Parents' and coaches' relays are exhibition only and do not count toward team scores.
- 438 | N. The Start:
- 439 | 1. The Starter, at a point in time, which the Starter feels is appropriate, shall call the
440 | swimmers to the starting area, whereupon the swimmers shall take their places at or
441 | near their respective block or platform. (They will not step onto the block or
442 | platform at that time.) Note: This may be at a time while the swimmers are still
443 | swimming a prior heat.
- 444 | 2. The Starter then, upon receiving clearance from the Referee, (for all events except
445 | backstroke and medley relay) directs swimmers to step onto the starting block or
446 | platform and remain there. (Refer to USA Rule 101.3.1 for backstroke start
447 | requirements.)

- 448 | 3. When the swimmers and officials are ready, the Referee shall signal with a long
449 | whistle and an out-stretched arm to the Starter that the swimmers are under the
450 | Starter's control.
451 | 4. On the Starter's command "take your mark," the swimmers shall immediately
452 | respond by assuming their starting position with at least one foot at the front of the
453 | block or platform. Sufficient time should follow "take your mark" to enable
454 | swimmers to assume their starting positions. When all the swimmers are stationary,
455 | the Starter shall give the starting signal.

456 | **Section 13. Protests.**

- 457 | A. The Referee (s) will resolve any dispute that may arise during a RCSL competition. The
458 | Head Referee gives the decision.
459 | B. A Referee's decision may be appealed to the RCSL Protest Committee provided that the
460 | dispute involved interpretation of a RCSL or USS rule, and a written appeal is given to the
461 | Referee within one hour after the Referee's final decision is made. No judgment calls may be
462 | appealed.
463 | C. Only the coach or the club representative to the RCSL Council can appeal a Referee's
464 | decision.
465 | D. A ruling of the RCSL Protest Committee is final and binding

466 | **Section 14. Penalties.**

- 467 | A. Should an individual compete in violation of these rules in an individual event, all points
468 | scored by that individual will be lost. Should an individual compete in violation of these
469 | rules in a relay event, all points scored by all relays in which that individual competed will be
470 | lost.
471 | B. The order of finish of the individual events or relays in which that individual competed must
472 | then be redetermined and rescored to determine awards and the final score of the meet.
473 | C. The coach of any team found in violation of any of the Rules of Competition will be subject to
474 | discipline by the RCSL Board of Directors. The appropriate discipline will be determined and
475 | administered by the Board and may include banning the coach from the RCSL permanently or
476 | for a period of time to be determined by the board.

477 | ~~**Section 15. "B" competition events.**~~

478 | ~~A. "B" Meets are to encourage development of new swimmers in individual competition.~~

479 | ~~B. "B" Meets will be conducted in accord with RCSL rules modified in accord with the
480 | following guidelines:~~

481 | ~~1. The meet will include age group competition in all four (4) individual events for
482 | swimmers in the 11-12 age group and younger. Events in the older groups should be
483 | worked out by mutual agreement of the coaches.~~

484 | ~~2. Relays may be included by agreement of the coaches. At a minimum, a Mixed
485 | Freestyle Relay event shall be included whenever possible.~~

486 | ~~3. A swimmer who has won a 1st, 2nd, or 3rd place ribbon in an individual event
487 | during the current season will not compete in that event in a "B" Meet except as
488 | exhibition.~~

489 | ~~4. The meet may be scored if the coaches agree, but it may be by age group or sex
490 | rather than by total team score.~~

491 | ~~5. Stroke Judges will be used.~~

492 | ~~6. RCSL Dual Meet ribbons will be awarded to the first, second, and third place
493 | winners of each individual events and to all four members of a winning relay. It is
494 | recommended that all participants of a "B" Meet receive some form of ribbon or
495 | reward.~~

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- 496 7. "B" Meets will not be scheduled until the regular Dual Meet season has begun.
- 497 8. Participation in a "B" Meet shall constitute official registration as a member of a
- 498 particular team. A "B" Meet will not count toward eligibility requirement for the
- 499 City Meet.
- 500

501 **Section 15. RCSL Sanctioned and Non-Sanctioned competition events.**

502 A. League member pools may petition and the RCSL board may sanction additional competition

503 events during the RCSL season. RCSL board may establish rules and consideration for

504 conduct of such events.

505 B. These events will be conducted in accord with the following guidelines:

- 506 1. The intent of such competitions is for sport. However result times may be submitted
- 507 for heat placement data for RCSL dual or championship meets. Time data must be
- 508 submitted to RCSL define requirements for the meet to qualify for use.
- 509 2. Participation in a RCSL sanctioned event shall constitute official registration as a
- 510 member of a particular team. However, the meet will not count toward swimmer
- 511 eligibility requirement for the City Meet.
- 512 3. No RCSL time record will be earned by participating in such events.
- 513 4. Meets may include age-group competition in all individual events for all age group
- 514 swimmers conducted at RCSL championship. Actual meet events will be specifically
- 515 defined in the meet invitation.
- 516 5. Relays may be included as defined in the meet invitation. At a minimum, a Mixed
- 517 Freestyle Relay event may be included whenever possible.
- 518 6. Determination of place and time will be established as defined in the Unites States
- 519 Swimming (USS) Technical Rules and equipment use for the meet.
- 520 7. The meet will be scored as defined in the meet invitation; this may be by age group,
- 521 sex, or total team score.
- 522 8. The event will be conducted under the competition articles applicable as outlined
- 523 throughout Article V. GENERAL LEAGUE RULES FOR SWIMMING
- 524 COMPETITION. As applicable, officiating will be conducted as defined in Article
- 525 5, Section 9, Paragraph E.
- 526 9. Awards and points will be defined in the meet invitation. Participation will be
- 527 restricted to participating team members and teams of the RCSL.
- 528 10. Should a conflict of interpreted with a sanction meet and direction defined in the by-
- 529 laws the meet invitation will establish overall precedent regarding the conduct and
- 530 results of the meet.
- 531 11. RCSL sanctioning of event is for the purpose of legitimizing the data. RCSL Board
- 532 reserves the right to audit the results and execution of the meet and accept the results
- 533 for use by the league.
- 534 12. RCSL assumes no tacit liability or responsibility for conduct and execution of the
- 535 event, which totally rests with host pool and its governing body.

536 C. "B" Meets are encouraged to development of new swimmers in individual competition.

537 These meets are not required to obtained sanction from RCSL Board and subject to

538 conditions and terms agreed to by participating pools. The following are recommendations for

539 "B" meets:

- 540 1. "B" Meets will be conducted in accord with RCSL rules modified in accord with the
- 541 following guidelines:
- 542 a. Participation in a "B" Meet shall constitute official registration as a member of
- 543 a particular team. A "B" Meet will not count toward eligibility requirement for
- 544 the City Meet.

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- b. The meet will include age-group competition in all four (4) individual events for swimmers in the 11-12 age group and younger. Events in the older groups should be worked out by mutual agreement of the coaches.
 - c. Relays may be included by agreement of the coaches. At a minimum, a Mixed Freestyle Relay event shall be included whenever possible.
 - d. A swimmer who has won a 1st, 2nd, or 3rd place ribbon in an individual event during the current season will not compete in that event in a "B" Meet except as exhibition.
 - e. The meet may be scored if the coaches agree, but it may be by age group or sex rather than by total team score.
 - f. Stroke Judges will be used.
 - g. RCSL Dual Meet ribbons will be awarded to the first, second, and third place winners of each individual events and to all four members of a winning relay. It is recommended that all participants of a "B" Meet receive some form of ribbon or reward. Teams are responsible for award labels.
2. "B" Meets will not be scheduled until the regular Dual Meet season has begun.

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