

RULES OF COMPETITION - ROCKET CITY SWIM LEAGUE

Article I. GUIDING PRINCIPLES

The Rocket City Swim League (RCSL, “the League”) exists to encourage children to participate in intra-city swimming and diving competitions during summer vacation.

Article II. DUAL MEET COMPETITION

Section 1. Registration: Participation in a Dual Meet shall constitute official registration as a member of a particular team. An RCSL competitor is ineligible to compete in the League for any other team than the one for which they are registered until ninety (90) days after their last competition in a League meet, except with the prior approval of the RCSL Executive Board.

Section 2. Home Team Responsibility: The home team shall be responsible for directing and scoring the Dual Meets and for distribution of awards, according to the herein general procedures, as approved by the Council. They shall also be responsible for prompt delivery of the meet results, to include the Meet Manager Backup, Official Score Sheet, and the Official Results Sheet, to the RCSL Executive Board Vice President – Records as soon as practical (evening of the conclusion of Dual Meets). If the host team fails to list the names of all relay swimmers as swam on the lane timer sheets, the host team will forfeit all relay points for that Dual Meet. The meet referee and head table worker will ensure the team’s representative electronically delivers the required documents and files.

Article III. CITY CHAMPIONSHIP MEET COMPETITION

Section 1. Description: A Rocket City Swim League City Championship Meet (“City Meet”) will be held at the end of the summer season. All teams in the League will participate in the meet, with results determining the League and Division Championships and team standings within the League. City Meet events will be the same as those contested during the League’s regular season Dual Meets (exceptions herein include the Parents’ and Coaches’ relays).

Section 2. City Meet Direction: The City Meet will be organized and directed by the duly constituted City Championship Meet Committee, as defined in the RCSL bylaws. The Meet Committee will recommend for approval general procedures and regulations for the Meet to the League Council at the June meeting.

Section 3. Team Responsibilities: Each member organization participating in the City Meet is responsible for abiding by the procedural regulations adopted by the League Council and for providing volunteers and officials needed to run this meet . Any member organization failing to provide needed worker positions will be assessed a \$25 fine for EACH needed worker position not provided, subject to Executive Board decision. An assessed member organization MUST pay all fines to be in good standing. Only member organizations in good standing can participate in the RCSL.

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

- (1) Entries with names clearly printed on the RCSL official form
- (2) Check for the City Meet fee
- (3) List of meet workers with phone numbers
- (4) Completed forms as necessary
- (5) Team roster (of only swimmers in the City Meet) with birthdays, addresses, and phone numbers clearly printed on the RCSL official form. If a team fails to submit the team roster, as stated, that team may be assessed a fine of 25 points deducted from the final results of the City Meet subject to Executive Board decision.

Article IV. MISCELLANEOUS

Section 1. Parliamentary Authority: The rules contained in Robert's Rules of Order (Newly Revised) will govern the organization, except as superseded by the Articles and By-Laws.

Section 2.

A. Amendments: Council Representatives may propose updates and changes to these Rules. Proposals will be submitted to the Executive Board Secretary and must then be distributed in writing, or via e-mail, to all Council members at least twenty-one (21) days in advance of the Council Meeting at which the proposal is to be presented for vote. If a two-thirds (2/3) majority of the representatives present at the meeting approve the proposal, the Rules shall be so amended.

B. Protest Committee Rulings, approved in the existing By-Laws and ROC as “final and binding,” are de facto amendments to the ROC and do not require the distribution and vote in Article IV, Section 2, paragraph A (above) to be amended into the documents. The RCSL Board Secretary will maintain copies of Protest Committee decisions as source documents for ROC and By-Law amendments.

Section 3. Quorum: Representatives from a majority of the member organizations must be present to constitute a quorum of the Council. Any three Board members shall constitute an Executive Board quorum.

Section 4. Competitor Age: The eligibility of a swimmer or diver in a particular age group will be determined by their date of birth. A swimmer or diver will be placed in the appropriate age group on the anniversary of their date of birth. In instances such as the City Championship Meet, or rain-extended Dual Meet, when competition extends over two or more days, a swimmer's or diver's age shall be fixed by their age on the day the meet begins.

Section 5. Required Meetings: All representatives and coaches will be required to attend two meetings each year: 1) Dual Meet Meeting scheduled by the Monday immediately before Dual Meets begin, and 2) City Meet Meeting at a time to be determined by the

Executive Board (after the start of dual meets but at least one week prior to the first City Meet diving event).

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

Section 7. Team Responsibility: Each member team is responsible for notifying RCSL of changes in names, telephone numbers, and e-mail addresses of representatives and coaches by March 1 of each year. If this information is not provided to the RCSL Secretary, correspondence will automatically be e-mailed to the last known name of each team's representatives. Until RCSL is notified of a new team representative, no other individual may cast a vote on league matters. Member teams that do not provide adequate officiating support or facilities to conduct league events may be subject to league removal and not permitted to participate in the RCSL. Prior to the first meeting and date to be yearly defined by the RCSL Board, each member organization shall formally submit their intent to provide sufficient resources and commitment to host dual meets during the season. This includes, but is not limited to:

- A. Adequate facilities and equipment
- B. Adequate officiating roster
- C. Adequate event liability coverage, demonstrated by submitting a copy of a "Certificate of Liability Insurance" (or similar document, as provided by specific Insurers) which also identifies the RCSL Board as an "ancillary" party. The document copy must be submitted when the team pays its registration fee and coverage must be current for the duration of the summer competition season (exclusive of The City Meet as the RCSL Board maintains championship coverage). Further details will be outlined herein or shall be defined by the RCSL Board. Failure to provide acceptance and compliance intent will prohibit a member organization from participating in the league.

Section 8. Coaches, Assistants, Other

Each team is responsible for attaining their coaching staff to meet team and pool swimming and/or diving requirements. Each individual participating as a part of the coaching team must successfully complete the “Centers for Disease Control and Prevention (CDC) Concussion Training” (a link is available on the RCSL homepage). Each team will maintain a current list of their coaching staff and a copy of the training completion certificate. Coaching Staff is defined as anyone named to assist the team’s identified head coach in showing swimmers or divers (in a team setting, not private lessons) how to properly execute the start, stroke, turn, or finish of a competitive stroke or dive execution during the current RCSL season. The RCSL Board may request this list at any time during the season.

Article V. GENERAL LEAGUE RULES FOR SWIMMING COMPETITION

Section 1. Lifeguards: The home pool must provide a certified lifeguard on duty guarding the competition pool from the time of warm ups to completion of the meet. Beyond possession of current and accepted lifesaving credentials, RCSL lifeguards must provide a certificate for successful completion of the “CDC Concussion Training” (a link is available on the RCSL homepage). The RCSL Board may request a copy of the certificate at any time during the current season.

Section 2. Rules Purpose: These rules for Dual Meets and City Championship competition are designed to protect the swimmer, provide fair and equitable conditions, and promote uniformity so that no swimmer may gain unfair advantage over another.

Section 3. Applicability: RCSL rules will be applied in RCSL competition. The absence of a rule means there is no rule, and all rules of the USA Swimming (USA-S) Technical Rules will apply. EXCEPTION: 8-and-under swimmers may receive “grace” during Dual Meets for stroke infractions when struggling to reach the end of the pool, unless they receive a competitive advantage (so as to finish in first, second, or third place for points). There are no exceptions to USA-S turn and finish rules. There is no grace during City Meet.

Section 4. Age Groups:

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

- (1) Six years old and under -A swimmer who participates in the six and-under individual Freestyle event may also compete in two eight and-under individual events (other than Freestyle) and all eight-and-under relays.
- (2) Eight years old and under (Six-and-unders are part of the eight-and-under group for all events, unless the child swam in the special six-and-under Freestyle, in which case he may not participate in the eight-and-under Freestyle event).
- (3) Nine and ten years old.

- (4) Eleven and twelve years old.
- (5) Thirteen and fourteen years old.
- (6) Fifteen through seventeen years old.
- B.** Any swimmer may move up one age group in a relay event once in each meet; however, a swimmer who does that may not compete in his/her own age group in the same event. A relay team must include at least three swimmers from the age group.
- C.** Each swimmer may compete in three individual events and three relays.
- D.** No swimmer may move up an age group in an individual event.

Section 5. Distance:

- A.** The distance will be 25 yards/meters for individual events for six-and-under and eight and under; 50 yards/meters for all other age group individual events. Relay events will be 100 yards/meters for eight-and under and 200 yards/meters for all other age groups.
- B.** Where USA-S Rules are cited as applicable, they will be those USA-S Rules specified for short course events.

Section 6. Events and their order:

- A.** The events and their order for RCSL meets are: Medley Relay, Freestyle, Breaststroke, Mixed Freestyle Relay, Backstroke, Butterfly, and Freestyle Relay. This order is not to be deviated from for any circumstances, including weather, unless approved by the RCSL Board.
- B.** In the City Championship, the events will be the same, but the order may be altered, as determined by the City Meet Committee and published prior to the start of competition.
- C.** Each team is encouraged to have male and female Parent Freestyle relays, a parent Mixed Freestyle relay, and Coaches' Relays. These adults must either be members of the club for which they compete or must have, or have had, a child swimming for that club. These relays are optional, nonscoring events and may be held during Dual Meets and the City Championship. The distance shall be 25/50 yards/meters for the individual Freestyle and 100 yards/meters for the relay, with each swimmer in the relay going 25 yards/meters. Awards are given in the City Meet.
- D.** Each team is encouraged to have an Open Individual Freestyle and an Open Medley relay. Participants in these events must be coaches, or members of the pool for which they compete. Coaches may only swim for the team they will coach at the City Meet. These relays are optional, non-scoring events and may be held during Dual Meets and the City Championship. The distance shall be 50 yards/meters for the individual Freestyle and 100 yards/meters for the relay, with each swimmer in the relay going 25 yards/meters.

Section 7. Swimming the strokes:

- A.** The applicable rules of the current USA-S Technical Rules, except as modified here, shall be followed in judging the Freestyle, Breaststroke, Backstroke, Butterfly, and Relays, including false starts, stroke discrepancies, kicks, turns, and finishes.

- B.** During Dual Meets, in six-and-under and eight-and-under events, a swimmer making an honest attempt to do the stroke will not be disqualified for stroke (“grace”) unless he gains unfair advantage. Turns and finishes must be legal, according to USA-S Technical Rules.
- C.** Coaching of swimmers while they are swimming or lined up to start is permitted as long as it does not interfere with the progress of the meet. During Dual Meets only, if both team coaches agree, an older swimmer or a coach may enter the lane to encourage/assist beginning eight-and-under swimmers but these swimmers may NOT place and may NOT score points for determining the overall meet winner.
- D.** Each swimmer on a relay team must start and finish in their team’s assigned lane.
- E.** A swimmer or relay team must not obstruct or interfere with another relay team/swimmer.
- F.** Swimmers will not wear or use any device or substance to help speed or buoyancy during a race. Goggles and swim caps may be worn. Any swim cap or swim suit worn may have logo printing on it representing that swimmer's RCSL team but may not wear a swim cap or swim suit representing any other team affiliations (including high schools, colleges, and/or other swim clubs/teams.)
- G.** The Meet or Deck Referee has discretion to disqualify a swimmer who acts in an unsportsmanlike or unsafe manner.
- H.** Anyone who does not act in a sportsmanlike manner, abuses timers, judges, or officials, or interferes with the meet itself may be removed from the pool at the Referee’s discretion. Pool employees and Council Representatives will escort these individuals from the premise, as requested by the Referee. Teams not supporting the Referee’s request may be subsequently fined by the Executive Board, as determined by a review of the events leading up to the removal request.

Section 8. Relays:

- A.** The applicable relay rules of the current USA-S Technical Rules will be followed in disqualifications, except as modified herein.
- B.** Relay swimmers must not use a running start. They must have at least one foot planted at the forward edge of the pool deck or starting block and be responsive to the starter’s commands.
- C.** All relay swimmers must be declared for Dual Meets. For the purposes of Dual Meets and City Meet, any swimmer entered in the meet is considered declared. Relay swimmers may be changed at Dual Meets, but coaches must submit the change in writing to the scoring table and/or the clerk of course for recording on the lane timer sheet.
- D.** Relays will be declared in the City Championship. The City Meet Director may provide RCSL Representatives updated declaration procedures prior to the day of the meet. Unless updated, a swimmer will be considered "declared" as a relay team member (ie eligible to swim) in any relay for which they are qualified. A qualified swimmer is defined as being a swimmer already entered and participating in City Meet. The swimmers in the relay and their order must be written clearly on the lane timer sheet while in clerk of course. The lane timer MUST record the names and

order on the lane timer sheet from the card prior to the relay swim. City Meet relays are timed finals.

- E.** A team may enter more than one relay in a Dual Meet event, but only one will be identified as the “A” relay for score and that relay must be designated before the start of the event.
- F.** Competing relays in Dual Meet events must swim in adjacent lanes.
- G.** All Mixed Free Relays must be two (2) boys and two (2) girls.

Section 9. Scratches: A swimmer or relay may scratch at any time without penalty, other than loss of points that might have been earned in that event.

Section 10. Dual meets: **A.**

General:

(1) RCSL Dual Meets will be held in accordance with the published League schedule, which will designate division, date, home, and visiting teams.

(a) In the event of weather or other unavoidable circumstances (such as power failure or pool machinery failure), the teams may end the meet by the achieved score (by mutual decision of the pool's representatives), by one team's forfeit, or the meet may be postponed and conducted on the first date acceptable to both teams. It is highly encouraged, but not required, to swim this meet as soon as possible.

(b) If either team does not wish to forfeit and 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 on the specified date forfeits.

(c) All Dual Meets must be finished 7 days prior to the start of 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. In the event of a tie, the determination of order for the sole purpose of determining next year's schedule will be at the discretion of the Vice President – Records in consultation with the teams involved and other circumstances such as number of home meets teams had during the current season. In the event of a five (5) team division, the Week 2 Team1/Team4 meet will swap HOME and AWAY responsibilities in order to ensure there are equitable amounts of home meets. In the event of two (2) separate divisions of five (5) teams, or 16 teams total, there will be an inter-divisional meet scheduled between the two teams on a bye each week. The RCSL Board maintains the right to adjust the draft schedule as needed.

Sample matrix:

ODD # YEARS	HOME	AWAY	HOME	AWAY	HOME	AWAY
EVEN # YEARS	AWAY	HOME	AWAY	HOME	AWAY	HOME
Week 1	5	1	2	4	3	6
Week 2	1	4	6	2	3	5
Week 3	6	1	2	3	4	5
Week 4	1	3	5	2	4	6
Week 5	1	2	3	4	5	6

- (4)** A team may not enter more than three swimmers (or relay teams) in any heat of any dual meet (including exhibition events), regardless of the number of lanes a facility provides. All swimmers may score (excluding exhibition heats). In the event a meet venue is limited to four or five competition lanes, neither team may enter more than two swimmers in each individual event, nor more than two teams in relay events. The meet will either be forfeited or rescheduled if less than four competition lanes are available for the meet's duration. Invitational (non-dual) meets that conform to other requirements herein are specifically exempted to allow competition in all available lanes. A team may not swim exhibition swimmers except in the Open Freestyle. Only one relay may score and will be designated as the "A" entry. Swimmers not swimming any individual stroke for points may swim Open Freestyle for time and participation ribbon but not for points. Ribbons for this event will be furnished by each team for swimmers participating from their team in Open Freestyle. If weather permits, as determined by the Referee, all age groups will be able to swim in Open Freestyle.
- (5)** Both teams must turn in their electronic entries to the individual identified for the home pool, via e-mail, before 7:00 p.m. on the day prior to the meet. Teams are encouraged, but not required, to accommodate any revisions to this schedule.
- (6)** Substitutions will be allowed without penalty in Dual Meets. A coach making changes will inform the scoring table so that the Meet Manager file and score sheets will be an accurate record of those who competed. Changes to individual events are permitted for unforeseen circumstances on the deck, but must be confirmed with the lane timer prior to the start of the event. The referee reserves the right to not allow a change at any time during the meet.

- (7) There will only be one scored race (heat) per event.
- (8) Meets will start at 6:30 p.m. unless both home and visiting teams agree in advance to a time change.
- (9) After the Dual Meet season has begun, member teams may schedule meets other than officially scheduled RCSL competitions, provided there is no conflict with the published RCSL schedule.
- (10) The host team will deliver to the RCSL Executive Board Vice President - Records one complete, legible set of score sheets for all events immediately upon meet completion. The method of delivery will be specified by the VP-Records prior to the start of the Dual Meet season.
- (11) Upon meet completion, the computer operator will collect all place judge sheets and lane timer sheets for each race. These records will be held until the completion of City Meet in case there is a clerical error or protest. . If there is a clerical error or protest, the computer operator and the Deck Referee will examine the records and propose resolution.
- (12) When a meet concludes with the score having a margin of up to 10 points, the meet will automatically be re-scored by the VP-Records and an impartial third party appointed by the RCSL Executive Board Vice President – Records . In the event the re-score involves the VP-Records affiliated pool, they shall name a second impartial third-party to computer the re-score. The results of the rescored meet will determine the official winner of the meet.
- (13) If a team fails to follow the established, written RCSL procedures, that team will be assessed a fine of \$25.00, subject to Executive Board decision. This fine will be because of, but not limited to, the following:
 - (a) Host teams who have not properly prepared pre-meet entries, etc.,
 - (b) Host teams who do not provide (or make arrangements for) the necessary workers as stated on RCSL information sheet for dual meets,
 - (c) Teams who fail to use Official RCSL Forms,
 - (d) Teams who fail to deliver meet entries at the approved time and method.
 - (e) It is the responsibility of the opposing team to notify the President when any of these (or other) infractions have occurred. The Executive Board will then determine if a fine is warranted.

B. Facilities:

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

C. Scoring:

- (1) The order of finish is determined by two place judges, one on either side of the pool.

(a) Place judges must consist of a judge from one team with a scribe from the opposing team. The scribe records what the place judge calls out and does not attempt to influence the place of swimmers. The place judge provided by the HOME team must judge from the AWAY side of the pool, while the place judge provided by the AWAY team must judge from the HOME side of the pool. All place judge forms must be signed. If place judge forms are not signed, the head table worker retains the right to disregard the form with approval from the head referee.

(b) If the two place judges do not agree, the computer operator will compare the order of finish to the recorded time. If any two agree, that will be the official result. If all three differ, refer to the Modified Ballot System (below). All modified ballots must have the signature of the Table Head Scorer. If six or more ballots are needed at a given meet, the Referee may require that place judges be replaced. The Table Head Scorer will notify the Referee after six ballots have been tabulated.

(2) Performing the Modified Ballot System. If any two of the three sources of Finish Order (Place Judge 1, Place Judge, 2, and Stopwatch times) agree, then the Order of Finish is determined and no Modified Ballot is required.

Otherwise:

(a) Assign the value of the place awarded to each swimmer by the "Home" place judge in the first "J" column on the event card (1 point for first, 2 for second, etc.)

(b) Assign the value of the place awarded to each swimmer by the Visiting place judge using the second "J" column on the event card.

(c) Assign the value earned by the swimmer's time in the "T" column (1 point for fastest, 2 points for next fastest, etc.)

(d) Total the three (3) columns for each swimmer. Place that total in the column designated "Total."

(e) The lane (swimmer) with the lowest number in the "Total" column will be awarded first and "1st" will be recorded in the "Place" column. The second lowest "Total" will be awarded second, etc.

(f) If there is a tie between two swimmers, the tie will be recorded and both swimmers will receive the same placement. If two placements are given, the following placement will be vacant (two "seconds," "third" is vacant and the fourth-place swimmer is "fourth.")

(g) Any swimmer who swam as "Exhibition" or "Unofficial" or who was "disqualified" will be noted by drawing a line through their "Place" value. The remaining places will be re-evaluated and this adjusted place constitutes the final placement

(3) In individual events, the first place swimmer scores five (5) points, the second place swimmer scores three (3) points, and the third place swimmer scores one (1) point. All three may be from the same team. No other points are scored in that race. In the event of a tie, points will be awarded as provided in the current USA Swimming Technical Rules.

(4) The winning relay scores seven (7) points. No other points are scored in that race. In the event of a tie, each team gets 3.5 points.

(5) The team with the highest point total after all events is the winner. If both teams have the same total points, the meet is a tie (see Article IV, Sect. 10.(12)).

D. Awards:

(1) The home team will provide the official RCSL ribbons used as awards. **(2)** First place individual winners receive the blue ribbon; second place individual winners receive the red ribbon; third place individual winners receive the white ribbon; fourth place individual winners receive the purple ribbon; fifth place individual winners receive the gold ribbon; and sixth place individual winners receive the green ribbon. Each member of a winning relay will receive a blue ribbon, and each member of a second place relay will receive a red ribbon in "A" relays only.

(3) The home team will turn over the ribbons won by each team to the AWAY team at the conclusion of the meet, or at a time agreed upon by both teams.

E. Officials:

(1) The home team is responsible for ensuring sufficient meet officials are available to run the meet.

(2) The visiting team is asked to provide two stroke and turn judges, one place judge, one scribe (to record place judge callout), and one scorer/ribbon volunteer. On the pool deck, visiting team officials and volunteers, including place judges, will judge the home team during the meet.

(3) The duties of the officials will be those specified herein, or in the applicable rules of the current USA-S Technical Rules.

(4) Coaches of teams involved in any meet may not act as meet officials, nor as computer system or electronic timing system operators. A coach is defined as any person above the age of 17 who has assisted the team's swimmers (in a team setting, not a private lesson) to properly execute the start, stroke, turn, or finish of a competitive stroke during the current RCSL season.

(5) There will be at least the following officials for any Dual Meet (certified officials may act in more than one capacity in a Dual meet [except for the referee, who may only act as the referee]):

(a) Deck Referee (USA-S or RCSL certified).

(b) Starter (USA-S or RCSL certified).

(c) Timers: At least one (1) timer on each lane plus one (1) backup timer.

(d) Stroke and Turn Judges
(USA-S or RCSL certified): Two (2) required and visiting team should provide two (2) [only two required to conduct meet but four are desired]. The starter may act as a Stroke and Turn judge in between starts. Stroke and Turn judges will also perform Relay Takeoff Judge duties.

(e) Place Judges: Two (2) required [visiting team should provide one (1)]. “Across-the-board” method will be used (call lane number as they touch).

(f) Scorers: Two (2) required [visiting team should provide one (1)].

(6) Only USA-S or RCSL Certified officials may recommend swimmer disqualifications. If a team uses an official who is not certified, all disqualifications recommended by that individual will be null and void.

(7) All officials identifying a swimmer’s possible rule violation shall immediately raise a hand and report what they have seen to the Referee. Only the referee may report disqualifications to the scorers. Failing to raise a hand at the time of the alleged infraction shall void the possible disqualification. In the event of a disqualification, the Referee will ensure there is a process in-place to inform both coaches as soon as possible.

(8) Within RCSL, officials are certified in two categories: Stroke & Turn (S&T) and Starter/Referee (S/R). Volunteers must serve at least one season as S&T before requesting S/R certification. S/R certification is a single certification for two separate and distinct duties. S/R officials should work as both a starter and a referee at their dual meets. They may split roles during a single meet but may only perform referee duties when acting as the referee for a specific portion of a meet.

F. Records:

(1) The home team must ensure the current week Meet Manager template is being used to operate the meet so that the current RCSL dual meet records are correct and available.

(2) The coach of the team with a swimmer attempting to break a city meet record must inform the deck referee prior to the meet start and provide timers (see below).

(3) There must be three times of the record swim recorded by three different timers (relatives, or coaches, of the swimmer are disqualified as timers).

(4) The middle time will be the official time.

(5) All three times must be listed on the lane timer sheet with the middle time circled. The lane timer sheet must be signed by the Referee. Attach the lane timer sheet to the appropriate upload section during results upload.

- (6) A note will be made on the front of the RCSL Dual Meet-Official Results Sheet indicating a record was broken.
- (7) All dual meet forms must be turned in to the VP-Records on the night of the meet.

Section 11. Determining division order of finish and champions:

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

Section 12 Determining team placement and divisions:

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

Section 13. City championship meet:

- A. There will be a City Championship swimming and diving competition for all RCSL teams within two weeks of completion of the Dual Meet season.
- B. The dates and place of the City Meet shall be as specified by the RCSL Council.
- C. The City Championship Meet Committee will distribute in writing to all member teams the order of events, session starting times, scoring system, fees, and any additions to these rules that may be required. Unless otherwise changed, these rules will govern. The RCSL Championship Committee cannot change any of these rules without a majority vote of the RCSL Council.
- D. Officials will be assigned by the Meet Referee. Duties will be those specified in the applicable rules of the current USA-S Technical Rules and Rules of Competition. Officials must be USA-S or RCSL certified. Certified S&T and S/R individuals may be placed in any capacity, as determined by their level of certification, to efficiently conduct the meet. The City Meet Referee will assign officiating duties prior to each session and may consider specific position requests but will not guarantee such requests will be fulfilled.
- E. Entries will be limited to three (3) swimmers in each individual event and one (1) relay team per event per member club. The official entry will include the best time of the individual swimmer or relay team during the current RCSL season in a race measured in yards or converted from meters to yards by multiplying the meter time by the conversion factor, and that time will be used in seeding. This time may be determined either by the best time swam by the relay, in any order, or the aggregate

times of the four individuals in the relay. The conversion factor is the default meter to yard by the league adopted entry management tool or .901 if no default value is supplied. Member clubs will be allowed to enter eligible swimmers, not entered in another stroke, in the City Meet Exhibition Freestyle, including coaches. Coaches swimming for points in City Meet are not eligible to swim in an exhibition individual event, including all individual 900-level events. These swimmers, excluding non-competing age groups, will receive exhibition ribbons for 1-16 places but will not score team points. Exhibition swims will be seeded in separate heats and awarded separately from the City Championship competition, as determined by the Meet Director. All age groups are included in this event. Individual swims in a competition or exhibition swim do not exclude a swimmer from entering any relay, exhibition or competition, and participation in any relay does not disqualify a swimmer from individual scoring.

- F.** Heats and finals may be conducted in all events as specified by the RCSL City Championship Meet Committee.
- G.** Seeding, establishing the order of finish, and scoring for all heats and finals will be in accord with the rules of the current USA-S Technical Rules and Code of Regulations.
- H.** Once a team submits its official entry, substitutions will be made by the procedure specified by the VP-Records as part of City Meet Instructions.
- I.** Coaches of League teams will not serve as meet officials. (See Article V, Section 9, Paragraph E.(4) above)
- J.** Starting blocks may be used, but swimmers may opt out of using the block, without penalty.
- K.** The team with the highest point total after all swimming events is the RCSL City Champion. If two (2) or more teams have the same high point total, Co-Champions will be named.
- L.** Awards:
 - 1. Awards will be provided by the RCSL.
 - 2. A trophy will be awarded to the City Champion Team, the team scoring the second highest point total, and the team scoring the third highest point total.
 - 3. Trophies will be awarded to boys and girls teams scoring the highest total points in each age grouping. Mixed Freestyle Relay points do not count.
 - 4. Individual event winners will receive medals and ribbons as follows: gold for each first place winner; silver for each second place winner; bronze for each third place winner; and ribbons of distinctive color for each place scored.
 - 5. Relay team members will receive medals and ribbons as follows: gold for each member of a winning relay, silver for each member of a second place relay, bronze for each member of a third place relay, and ribbons of distinctive color for each member of other relays that score.
- M.** Scoring:
 - (1) In individual events, the first place swimmer scores twenty (20) points, then 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1 points respectively.
 - (2) In relays, the winning relay scores forty (40) points, then 34, 32, 30, 28, 26, 24, 22, 18, 14, 12, 10, 8, 6, 4, 2, respectively.

(3) Parents' and coaches' relays are exhibition and do not count for team scores.

N. The Start:

- (1) The Referee will blow a series of short whistles to call the swimmers to the starting area, whereupon the swimmers will take their places at or near their respective block or platform (they will not step onto the block or platform at this time). Note: This may be at a time while the prior heat's swimmers are still competing.
- (2) The Referee then blows one long whistle directing swimmers to step onto the starting block or platform (or enter the water for backstroke) and remain there. (Refer to USA Rule 101.3.1 for backstroke start requirements.)
- (3) When the swimmers and officials are ready, the Referee will signal with an out-stretched arm that the swimmers are under the Starter's control.
- (4) On the Starter's command "take your mark," swimmers should immediately respond by assuming their starting position with at least one foot at the front of the block or platform. Sufficient time should follow "take your mark" to enable swimmers to assume their starting positions. When all the swimmers are stationary, the Starter will give the starting signal.
- (5) Should the swimmers be unsettled prior to the start, the Starter may request them to, "Stand, please." Any swimmer responding to this request by initiating their entry dive may be forgiven, without suffering a "false start."
- (6) False start procedures will follow USA-S technical rules.
- (7) Starting in the water is always allowed for any swimmer. Leaving the wall prior to the starter's signal is a false start.
- (8) City Meet Starters will, to the best of their ability without sacrificing fair starts for subsequent heats, record order-of-finish for each heat.

O. Records:

(1) City Meet record times may be broken by a swimmer's electronic timing system recorded time. The referee is not required to provide USA-S-required timers for record attempts as the City Meet is not a USA-S sanctioned meet.

Section 14. Protests:

- A. The Meet/Deck Referee(s) will resolve any dispute that may arise during an RCSL competition. The Meet Referee (for City Championship Meet) reviews the decision.
- B. A Referee's decision may be appealed to the RCSL Protest Committee provided that the dispute involves interpretation of a RCSL or USA-S rule, and a written appeal is given to the Referee within one hour after the final decision. The one hour time window begins at the completion of the event for protests involving decisions made during a race. "Judgment calls" may not be appealed.
- C. Only the coach or the RCSL Council representative may appeal a Referee's decision.
- D. An RCSL Protest Committee ruling is final and binding.
- E. The RCSL Protest Committee will consist of the members specified in the RCSL ByLaws.

Section 15. Penalties:

- A.** Team coaches are responsible for properly entering swimmers in their events. Should an individual intentionally compete in violation of these rules in an individual event, all points scored by that individual in any individual event will be lost (not just the event in question). Should an individual intentionally compete in violation of these rules in a relay event, all relay points scored by any relay for which the individual swam will be lost (not just the relay in question).
- B.** The order of finish of the individual events or relays in which that individual competed must be re-determined and re-scored to determine awards and the final score of the meet.
- C.** Any team coach willingly violating the Rules of Competition, including sportsmanship violations, will be subject to discipline by the RCSL Executive Board. The appropriate discipline will be determined and administered by the Board and may include banning the coach from the RCSL permanently, or for a period of time to be determined by the Board.

Section 16. RCSL Sanctioned and Non-Sanctioned competition events.

- A.** League member pools may petition and the RCSL board may sanction additional competition events during the RCSL season. RCSL board may establish rules and consideration for conduct of such events.
- B.** These events will be conducted in accord with the following guidelines:
1. The intent of such competitions is for sport. However result times may be submitted for heat placement data for RCSL dual or championship meets. Time data must be submitted to RCSL define requirements for the meet to qualify for use.
 2. Participation in a RCSL sanctioned event shall constitute official registration as a member of a particular team. However, the meet will not count toward swimmer eligibility requirement for the City Meet.
 3. No RCSL time record will be earned by participating in such events.
 4. Meets will include age-group competition in all individual events for all age group swimmers conducted at RCSL championship. Actual meet events will be specifically defined in the meet invitation.
 5. Relays may be included as defined in the meet invitation. At a minimum, a Mixed Freestyle Relay event shall be included whenever possible.
 6. Determination of place and time will be established as defined in the Unites States Swimming (USS) Technical Rules and equipment use for the meet.
 7. The meet may be scored as defined in the meet invitation; this may be by age group, sex, or total team score.
 8. The event will be conducted under the competition articles applicable as outlined throughout Article V. GENERAL LEAGUE RULES FOR SWIMMING COMPETITION. As applicable, officiating will be conducted as defined in Article 5, Section 9, Paragraph E.
 9. Awards and points will be defined in the meet invitation. Participation will be restricted to participating team members and teams of the RCSL.
 10. Should a conflict of interpreted with a sanction meet and direction defined in the by-laws the meet invitation will establish overall precedent regarding the conduct and results of the meet.

11. RCSL sanctioning of event is for the purpose of legitimizing the data. RCSL Board reserves the right to audit the results and execution of the meet and accept the results for use by the league.
 12. RCSL assumes no tacit liability or responsibility for conduct and execution of the event, which totally rests with host pool and its governing body.
- C. "B" Meets are encouraged to development of new swimmers in individual competition. These meets are not required to obtained sanction from RCSL Board and subject to conditions and terms agreed to by participating pools.
1. "B" Meets will be conducted in accord with RCSL rules modified in accord with the following guidelines:
 - a. Participation in a "B" Meet shall constitute official registration as a member of a particular team. A "B" Meet will not count toward eligibility requirement for the City Meet.
 - 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.
 2. "B" Meets will not be scheduled until the regular Dual Meet season has begun.

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