

## ***East Texas Summer Swim League: Goal***

*The goal of the East Texas Summer Swim League is to introduce the youth in the East Texas area to competitive swimming and to provide area swimmers with an opportunity to become familiar with USA swimming, to be a part of a team, and to enjoy a positive, competitive atmosphere where individual and team accomplishments are celebrated.*

*2011 changes denoted in Red*

### **East Texas Summer Swim League Rules**

#### Registration and Dues:

1. Each team must have contacted the League Coordinator by May 1<sup>st</sup> in order to participate in the summer season.
2. A team roster and League dues of \$5 per swimmer must be submitted to the League Coordinator prior to June 11th 2011 (Erik Cozadd PO Box 631345 Nacogdoches, Tx 75963). Additions to your roster can be made until July 1<sup>st</sup>. Additional dues and names should be mailed, faxed, or e-mailed by July 1<sup>st</sup>.
3. **Summer League Liability Release Forms should be turned in with league dues for each athlete.**
4. No swimmer will be allowed to switch teams once they are registered with another team unless their family relocates.
5. It is the responsibility of each team to make sure that any swimmer representing them has followed and completed all the registration steps.
6. It is the responsibility of the meet host to make sure every swimmer entered in the meet has taken care of all registration responsibilities.

#### Entries & Entry Fees

1. Entries for all meets will be \$5 per swimmer. All late entries will be \$10 per swimmer. All fees must be paid prior to the start of the meet. A \$50 fine will be assessed for teams that enter an entire team late (Enforced by the host team and supported by the League).
2. Each swimmer may enter a total of 5 events, one of which must be a relay. (Ex: 4 individuals and 1 relay or 3 individuals and 2 relays)
3. Relay teams must be mixed. Same sex relays may compete exhibition only.
4. All times must be entered in yards. If a team hosts a meet in a meter pool, then they must convert the times on the results to yard.
5. Meet entries must be submitted to the host team no later than noon of the Wednesday prior to the meet date. Entries are preferred on Hy-Tek Team Manager and are

mandatory for all teams accessible to the program. If there is no access to the program entries must be e-mailed. Any team entries received after this time will be considered late, and will be subject to the \$50 late fee. Championship Entries: All entries for the Championship meet are due no later than noon on the Monday prior to the meet. Changes will be accepted until noon on the Tuesday prior. Coaches should notify the host team about scratches as soon as possible.

6. Swimmers will swim their age group using June 1<sup>st</sup> as the cut-off date. Exceptions: If a swimmer chooses to swim in a higher age group, he/she may do so by declaring age group on or before their first meet on the League roster. This swimmer must also swim in one age group higher for relays.
7. Swimmers may swim up one age group for relays only.
8. When sending in entries, include a phone number in case the entries are unreadable.

### Meet Organization

1. A fax #, email address, and follow-up # must given in the meet information. Maps are helpful too.
2. Starting blocks are optional. If the starting end of pool is not at least 4'-6' deep, a push start must be used.
3. Backstroke flags are required. Flags must be at 15 ft. from each end of the yard pool and 5 meters in a meter pool.
4. A ready bench is required for all 10 & under swimmers.
5. Host teams can require teams to provide timers and officials.
6. All officials must **have watched the Officials Training Video to be considered certified.**
7. **Teams should try and have 1 certified official per 10 kids registered.**
8. Two officials and a starter are required on deck. It is recommended that the starter not be the head official.
9. Current USA Swimming Rules for strokes and turns will be used for swimmers age 9 & up. For 8 & under that are sincerely attempting to perform the stroke, the swim will be accepted, unless they are given an extremely unfair advantage.
10. Completed DQ slips must be included in team awards.
11. All swimmers will be allowed one false start. (Relay false starts and early take-offs must have dual confirmation.) If a swimmer false starts during the start the race is allowed to swim and the false start is applied after the completion of the race.
12. Timers are allowed to keep a swimmer's head from hitting the wall during the backstroke..
13. **There must be 3 timers for each lane at every meet**
14. The maximum charge for a heat sheet is \$5.
15. The divisions for Bronze, Silver, and Gold will be used at all meets prior to the Champs Meet. These divisions do not apply for the 6 and under, 15 & over, or individual medleys.

### Awards & Scoring

1. Regular meets: Generic ribbons will be given out for 1<sup>st</sup> through 8<sup>th</sup> for each division- Bronze, Silver, & Gold
2. Scoring is not required at all meets.
3. 22¢ ribbons will be ordered for 2011 to save on expenses.

#### Time Trials

1. Time trials will not include relays, and each swimmer may swim 4 events
2. Swimmers may enter into an event at Time Trials with an old Summer League time. New swimmers will still need to enter with no time "NT"
3. Time Trials will not use time standards
4. Award ribbons will be given 1<sup>st</sup> – 8<sup>th</sup> place
5. There will be no IM event

#### Championship Meet

1. Swimmers must participate in at least one meet in order to compete in the Championship Meet.
2. Medals will be given for 1<sup>st</sup> through 8<sup>th</sup> places, and ribbons will be awarded 9<sup>th</sup> – 16<sup>th</sup> places. No time standards will be used.
3. 1<sup>st</sup> place plaques will be awarded for large, medium, small team divisions. 2<sup>nd</sup> and 3<sup>rd</sup> place team certificates will be given in each division.
4. The top sixteen places overall will be scored at the Champs Meet using the USA rules for scoring 16 places. Relays will count double. Participation ribbons will be available for coaches to pick up for all swimmers who do not place in the top 16.
5. At the Champs meet, teams may enter two relays per relay event, but only the designated "A" relay will score. The "B" relay will be entered with a "No Time" and listed as exhibition. Scoring for the relays will be as follows: If Lufkin enters a relay that places 1<sup>st</sup> and Nacogdoches has a relay that finishes 3<sup>rd</sup>, Lufkin will receive the points for 1<sup>st</sup> and Nac receive the points for 2<sup>nd</sup> and so on.
6. "B" relays will be given a 1-3<sup>rd</sup> place awards and no score. No "C" relays will be entered.

#### All Star Meet

1. Swimmers must participate in the Champs meet and place in the top 16 in at least one event.
2. Swimmers may swim up to three individual events at All-Stars Meet even if only qualifying in one event.
3. There will be no relays or team scoring.
4. High point trophies will be awarded to the top three high point swimmers in each age group and gender at the conclusion of the meet.
5. Medals will be given for 1<sup>st</sup> – 3<sup>rd</sup> place in each event and ribbons will be given for 4<sup>th</sup> thru 8<sup>th</sup> places in each event.