

MID-PENN SWIM LEAGUE RULES AND REGULATIONS
REVISED 2009

I. GENERAL

a) The League rules are current National Federation Swim Rules unless otherwise defined herein.

b) Any rule or regulation not covered will be presented to the League Committee for consideration and a decision.

c) Any violation of rules or regulations should be reported to the League President for action by the League Committee.

II. LEAGUE DIVISION

a) The League will be divided into divisions. The number of teams in a division and the number of divisions will be determined by the League Committee.

b) Each year the composition of the divisions will change, based on the standings of the previous year. The team with the best dual meet win/loss record in each division will move up to the next higher division and the team with the worst win/loss record will move down.

c) New teams accepted into the League will enter into the division of their ability level as determined by the League Committee. New teams entering the league are required to have a minimum of 30 children registered for the team roster. The new team entering the league must maintain the 30 minimum registrations for a two year probationary period. Additionally, the new team needs to have a pool facility meeting league approval for competitive swimming, knowledge of league rules, regulations and fundamentals for competitive swimming, parental support and experience with competitive swimming.

d) Division Championships will be based on win/loss records. In the case of ties, the outcome of the dual meet between the two teams will be used to decide the ranking in the division. The winner of the dual meet will be ranked above the loser of the dual meet. To break ties of three teams for a Division Champion, the total points of the dual meets between the teams involved in the three way tie will be taken. If a team swimming in a 4 lane pool is involved in a 3 way tie and the total points involved will be affected due to a 4 lane scoring then take the total points of their meets that they swam in a 6 lane pool and average the scores. The team with the most points will be the Division Champion. The reverse sequence will be used for teams moving down a division.

e) The league will provide copies of software to run league swim meets. At the current time the league uses Hy-Tek Meet Manager and Team Manager. This shall be the software used by all teams unless written approval is obtained in advance by the League.

f) Teams need to maintain a minimum roster of 30 swimmers. If an existing team fails below 30 swimmers for two years, they will be advised that they are placed on probation and membership must be raised above 30 swimmers for the third year or the next year the team will not be permitted to participate in league dual competition.

III. ELIGIBILITY

a) All Swimmers must be residents of Central PA, limited to the counties of Dauphin, Lebanon, Lancaster, Cumberland, and Perry.

b) All swimmers must be current members of the pool or swim team they represent and have paid the standard pool or team registration fee..

c) A swimmer may compete with only one Mid-Penn Swim League Team during any one season.

d) The maximum swimming age limit is 19 years old; the swimmer graduated from high school in June may swim the immediate dual season.

e) The eligibility of a competitor to compete in a particular age group shall be determined by his/her age on the first day of June. Each team shall maintain a roster using computer software (such as Hy-Tek) with an up to date list of its swimmers, with applicable birth dates and addresses. An electronic copy of which must be filed and received by the League Secretary, no later than Tuesday prior to the first meet of the season for ready references in case of eligibility disputes.

f) In dual meets, competitors may compete in more than one age group, the swimmer's own age group and 8 & U, one age group up; 10 & U to Unlimited two age groups up.

g) A competitor may enter a maximum of 4 events, no more than 3 of which may be individual events.

h) In order to compete for points in a dual and/or tri-meet a swimmer must be listed on the team roster by Friday evening prior to the 3rd week of the season to the league's HyTek Coordinator. Any additions to the roster must be updated using the electronic format.

i) Failure to comply with any of the eligibility provisions listed above may result in the swimmer being determined ineligible for the current and future swim meets and divisional championships.

IV. ENTRIES

a) Firm (update and complete) entry lists and roster will be electronically exchanged by coaches or league representatives per the Division Contact/Information sheet by no later than Saturday morning, at least 1 hour before the start of the meet and in no case earlier than 7pm Friday evening before the meet. Copies of the entry list containing first and last names of the swimmers will be given to the referee, coaches, and the scoring table prior to the beginning of the meet. . No changes can be made to these lists after the exchange is completed. Coaches are responsible for assuring that both swimmers not listed in both copies for the same event is disqualified from that event, unless and obvious error (such as listing a boy in a girl's event) is indicated and the opposing coach and referee agrees to let the swimmer compete.

b) A scratch meeting will be held at least 15 minutes prior to the start of the meet with the coaches and referee to remove swimmers who failed to show up for the meet and changes as a result of the scratch. No changes will be permitted except with notification to the coaches and the scoring table, upon consent of the Referee.

c) Illegal entries discovered before or after an event is swum shall be scratched from that event and no substitutions shall be permitted. The score will be adjusted if necessary.

d) Prior to the start of the meet for the safety of the swimmers, it is recommended the coach ask that jewelry that is felt could be a problem (i.e. loose jewelry) be removed. If it is the choice of the parent/child not to remove said jewelry after the request, the league, team, and meet officials will not be liable and the swimmer may not be disqualified.

V. DISQUALIFICATIONS

It is the duty of the disqualifying official to notify the coach or the referee of the disqualification before the next event and to note the specific reason for the disqualification on the standard disqualification sheet. The meet official shall also attempt to notify the swimmer in question.

VI. PROTEST

All parties concerned should make all possible efforts to resolve their differences at the meet with the referee. The referee shall have the final decision at the meet regarding all disputes. Unresolved issues or disputed issues may be protested by the team's league representative by filing a written complaint to the League President within 3 days of the date of the meet. The League President will form a Protest Committee consisting of each divisional representative unless a representative is affiliated with one of the protesting

teams, in which case a league committee member from that division shall act in the division representative's place. This committee will study the protest and make a final decision, which shall be binding of all parties, prior to the All-Star Meet. Protests will be on rules infractions only, and protests will be formally submitted only when the meet result is close enough so that the rules infraction may have had a bearing on the outcome of the meet shall be reported as stated in I - GENERAL PART C.

VII. RECORDS

a) The League shall maintain a set of records for all events swum in the All-Star competition.

b) All records must be timed by no less than three watches or automatic timing devices and submitted on official time slips to the League Secretary. (All-Star Meets only)

c) The home team is required to electronically submit a backup copy of the meet results to the League's Hy-Tek Coordinator by 6:00 pm Saturday following the completion of the Saturday morning meet, with copies to the other league representatives/coaches (as identified) where electronically possible. A \$25.00 fine will be imposed (per offense) after the first offense.

d) All meet results, forms and materials must be kept by the League's Hy-Tek Coordinator until the beginning of the next summer season. Record retention by electronic format is the preferred and acceptable format.

e) Forms for all meets will be provided by the League.

VIII. CONDUCT OF THE MEET

a) All meets will be held on Saturday mornings no later than 9:00 AM unless both coaches previously agree on another time and/or date prior to the next scheduled meet.

b) The host team will cancel any dual meet due to weather conditions only at the latest possible time and notify the visiting team's league representative or coach. (Departure time of the visiting team)

c) Postponement of a meet in progress will be at the discretion of the Referee. A maximum delay of 30 minutes will be permitted. The referee and coaches will arrange to complete the meet prior to the next regularly scheduled dual meet, if possible.

d) Number of officials required as listed below. Each team should supply the officials designated.

- 1) Two Timers on each lane (One from each team)
- 2) Two Stroke Judges (One from each team)
- 3) Two Turn Judges (One from each team)
- 4) One Head timer - Recorder (Home team)
- 5) One Starter (Home team) the starter may also act as the Referee
- 6) One Referee
- 7) Three Finish Judges (2 from visiting team, 1 from home team)
- 8) Two Record Clerks (One from each team)
- 9) Take-off judges will be appointed by the Referee
- 10) Recall Starter (Visiting team)

e) Requirements for running the meet:

- 1) Announcer should use a public address system.
- 2) Scratch meeting 15 minutes prior to the meet.
- 3) Event Cards
- 4) Disqualification (DQ) Cards with codes

f) The home team will have odd lanes, visitor's even lanes.

g) The home team shall provide ribbons for all finishes, including exhibitions, to all swimmers which participated in the meet.

h) The referee and the stroke and turn judges for the meet shall have received certification by the PIAA, NCAA, USA Swimming, Central PA Aquatic League (CPAL) or Mid Penn Swim League.

IX. CODE OF CONDUCT

The League adopts the Central Pennsylvania Aquatic League's code of conduct and the right to enforce the code of conduct as its own.

X. INVITATIONAL MEETS

a) All Sanctioned League Invitations must be submitted to the League for approval by no later than its April meeting.

b) The submission must include all details regarding the invitational, including dates, times, format, and purpose.

c) Once approved, electronic information must be provided to the HyTek Coordinator within two weeks for posting on the web, including HyTek entry format, an electronic informational packet, and an electronic version of the coaches' information.

XI. DIVISIONAL CHAMPIONSHIP MEET

a) A Divisional Championship Meet will be held at the conclusion of the dual meet season. The time and place of each Divisional Meet will be determined by the committee representatives of each respective division. The selected pools must be either twenty-five (25) meters or 25 yards.

b) Converted yard to meter times will be accepted for Divisional entries. The conversions will be done using the Hy-Tek software or equivalent swim meet software approved by the league. The conversions will be checked by the Divisional Host Team before events are seeded. Swimmers with no submitted time shall be seeded lowest by lot. For pools other than standard length, a conversion factor can be used subject to league approval.

c) Times from Mid Penn's Invitational meets and Capital Area Swim League invitational meets may be used as Divisional entry times. Results of all Mid Penn Invitational meets must be sent by the host team electronically to the League's Hy-Tek Coordinator so that times can be verified if necessary. A swimmer's participation in League's Invitational will not affect the three meet requirements to swim Divisionals (see subsection d below).

d) A swimmer must have swum in at least 50% of the League meets in order to enter the Divisional Championships.

e) A swimmer must swim in his own age group in individual events BUT is permitted to swim in higher age groups in relays.

f) A swimmer may only enter three (3) events.

g) There are no restrictions on the number of team entries in individual events. A maximum of two relay entries in each age group will be permitted per team.

h) Divisional entries are due to the host team by no later than 5:00pm on Sunday prior to the Divisional meet. The Host Team must send a confirming e-mail to each team individually; verify their team's entries by no later than Monday 9:00 pm. Entries must be submitted electronically to the host team using the standard event numbers established by the League. Each team is responsible for verification of their entries submitted. Any corrections must be brought to the Host team's attention by no later than Tuesday 9:00 pm. No changes will be permitted to the entries after Tuesday 9:00pm. Corrections for age group and gender may be corrected by the Meet Director.

i) A representative from each team (preferable of the League Committee) shall attend the All-Star seeding meeting and will be responsible for notifying his team and coach of all All-Star qualifiers from his team. Coaches shall also attend.

j) Awards for the Divisional Championship Meets will be ribbons.

k) Impose a fine of up to \$100.00 for illegal entries into Divisionals, with the possibility of banning the coach from coaching in the League for one (1) year. This rule is to be enforced by the Executive Committee.

l) Entry fees for the Divisional meet will be \$5.00 regardless of number of events swum.

m) A representative from each team shall attend the post divisional scratch meeting to be held by the Host team immediately after the completion of the Divisional Meet. Each team shall notify the Host team of any swimmer not participating in the All-Stars Meet. These swimmers will not be ranked for purposes of advancing to the All-Star Meet.

n) The team hosting the Divisional Swim meets shall establish a Meet Committee. The Meet Committee shall include two representatives from the League, other than the league representative from the Host team.

XII. ALL STAR MEET

a) The League shall maintain a set of records for all events swum in the All-Star competition.

b) All records must be timed by no less than three watches or automatic timing devices and submitted electronically to the League's Hy-Tek Coordinator. (All Star Meet only)

c) The best times swum in the Divisional Meets will qualify for this meet. The number of swimmers is determined by the League.

d) The All Star meet and the Mid Cap Championship meet are considered a joint championship meet. Only swimmers who are available and intend (if qualifying) to swim at Mid Cap Championship meet should enter the All Star meet. Coaches should not enter swimmers in the All Star meet, if they know they are not available or not intending to swim the Mid Cap Championship meet.

e) If a swimmer participates in the All Star meet and then scratches from Mid Caps, the swimmer will be in violation of (d) above and will not be permitted to swim in championship meets (Divisionals through Mid Caps) their next swim season in the MPSL. Exceptions will only be granted for scratches due to illness or injury with a doctor's note and exceptions granted by the League's Executive Committee,

f) The officials for this meet will be taken from a list of all team's officials and volunteers.

g) The same order of events will be used in this meet as is used in dual meets and individual events shall consist of two (2) heats of timed finals, and relay events shall consist of no more than two (2) heats of time finals.

h) All awards for the All Star Meet will be medals or rosettes for 1st through 6th and ribbons for 7th through 12th.

i) The best times swum in the All Star Meet will qualify for the Mid Cap Championship Meet. The number of swimmers and the format for the Mid Cap Championship Meet is determined by the Mid Cap Committee.

j) Entry fees for All Star Meet will be \$3.00 per event, per swimmer. (Relays included)

k) Entry fees for Mid-Cap Championship Meets are calculated by the Host League. Entry fees for the Mid-Cap Meets are determined by the Mid Cap Committee .

l) The team hosting the All-Star Swim meets shall establish a Meet Committee. The Meet Committee shall include a representative(s) from the League's Executive Committee.

XIII. EVENTS

Boy's Event #	8 & U	Girl's event #
1	4 lengths medley relay	2
19	1 length freestyle	20
29	1 length backstroke	30
47	1 length breaststroke	48
57	1 length butterfly	58
67	4 lengths freestyle relay	68
	10 & U	
3	8 lengths medley relay	4
11	4 lengths individual medley	12
21	2 lengths freestyle	22

31	2 lengths backstroke	32
39	4 lengths freestyle	40
49	2 lengths breaststroke	50
59	2 lengths butterfly	60
69	8 lengths freestyle relay	70

12 & U

5	8 lengths medley relay	6
13	4 lengths individual medley	14
23	2 lengths freestyle	24
33	2 lengths backstroke	34
41	4 lengths freestyle	42
51	2 lengths breaststroke	52
61	2 lengths butterfly	62
71	8 lengths free relay	72

14 & U

7	8 lengths medley relay	8
15	4 lengths individual medley	16
25	2 lengths freestyle	26
35	2 lengths backstroke	36
43	4 lengths freestyle	44
53	2 lengths breaststroke	54
63	2 lengths butterfly	64
73	8 lengths free relay	74

Unlimited

9	8 lengths medley relay	10
17	4 lengths individual medley	18
27	2 lengths freestyle	28
37	2 lengths backstroke	38
45	4 lengths freestyle	46
55	2 lengths breaststroke	56
65	2 lengths butterfly	66
75	8 lengths medley relay	76

SUPPLEMENT TO THE NATIONAL FEDERATION SWIM RULES

THE MID-PENN SWIM LEAGUE WILL OBSERVE THE FOLLOWING CHANGES FROM THE NATIONAL FEDERATION RULES

RULE 1 - When a team and pool are accepted into the League, it is to be understood that their facilities and equipment, on a year-to-year basis, are completely accepted. Each team must submit a written list of variances that differ from Rule 1 and copies should be sent to opposing teams.

RULE 3 - - Section 1, Article 2, (c) DELETE
- Section 2, Article 4 - DELETE (refer to MPSL By-Laws Section IV - Entries Parts b and c)
- Section 3, Article 1 - First sentence to read as follows: All swimmers on the team shall wear suits of decent appearance.

RULE 5 - Section 3, Article 5 MPSL will follow Section 3 Article 1
- Section 4, follow this section and apply eight lanes or swimmers where needed.

RULE 6 - - Section 4, Article 1 - MPSL will use 3 finish judges - 2 from the visiting team and one from the host team.

RULE 7 - - Section 1, Article 2 - Refer to MPSL Rules and Regulations, Section XII - Scoring.

RULE 8 - - Section 1, Article 6 - No false start shall be permitted. League recommendation: Except 8 & U are allowed one the whole way through the season. Any child who false starts may still swim for the time.

RULE 9 - - Section 3, Article 4 - The first swimmer of a relay team, once called to the starting platform by the referee, shall not change his/her swimming order in the relay event with any teammate.