

Raleigh Area Country Club Swimming League

2020 Season

Revised August, 2019

I. RULES, GUIDELINES and DISPUTES:

Meets will be officiated in accordance with USA Swimming Technical rules. Stroke and turn judges will give the swimmers the benefit of the doubt in all technical rules issues.

6 & under swimmers must finish to the rope. The following are rules exceptions for 6 & under swimmers:

Backstroke:

- Swimmers may roll from back onto stomach during course or race and at the finish provided they do not advance or gain an unfair advantage from doing so.
- Part of feet must touch water at the start

Breaststroke:

- An effort must be made to swim the stroke technically correct by USA Swimming standards with the exception of the finish where a one-handed touch is permitted. (Championship rule below)*
- Flutter, scissors, dolphin kick are permitted provided they occur in an attempt to swim the stroke correctly.

*6 & Under Rule Changes at the Championship Meet:

- Breaststroke: For the League Championship Meet swimmers must finish with a two handed touch.

Dual Meets:

All 6 & Under events will be 15 yards in dual meets (Main Heat swimmers must swim 15 yards completely unassisted). Coaches must confirm that each swimmer can **CONSISTENTLY** swim 15 yards completely unassisted to compete. Before each meet, the League Representatives should instruct Kid Catchers to pay attention to each child in their lanes and anticipate in advance when a child needs help. There must be two catchers per lane.

“With the safety of each participant in mind, 6 and under swimmers may be assisted in subsequent heats.” (In main heats any 6 & Unders needing assistance will be disqualified)

Championship Meet:

At the Championship Meet 6 & Under swimmers must swim 25 yards completely unassisted.

A meeting will take place between league representatives, stroke and turn judges, head timers, scorers and starter prior to the meet.

Disqualifications only occur for the scoring heats.

After the signing of the score sheet by representatives the meet is final and disputes are void. Swim meet League Reps must stay and sign the order of finish sheet on dual meet days. If there is a discrepancy, the Meet results (win or loss) must be resolved and validated by 9:00 pm the following day (Within 24 hours).

All disputes or protests must be presented by the league representative and resolved between only the league representatives at the dual swim meets. Parents and coaches should address their respective representatives regarding rules disputes. Any disputes that are unable to be resolved between the two teams, at the meet, (or within 24 hours of meet completion) can be presented to the RACCSL Grievance Committee in writing within 48 hours (comprised of one representative from each league team) for judgement and resolution.

II. MEETS

- Dual meets will start at 6 pm on Tuesdays. (Entries due in Hydroxphere by Noon on Tuesday meet day)
- Dual meets will start at 8 am on Saturdays, unless otherwise agreed upon by two teams. (Entries due in Hydroxphere by 5 pm Friday before Saturday meets)
- The official schedule will be presented at an interclub meeting of team representatives in the spring. Meets between clubs will alternate home and away from season to season.
- The official schedule will include a proposed make-up date for Saturday meets. All make-up meet dates should be completed on or before the Thursday night before the League Championship unless otherwise agreed upon by the clubs.
- Visiting teams are discouraged from bringing outside food or drink to meets with the exception of bottled water or sports drinks.
- Visiting teams are required to bring their own towels to away meets. The home team is not responsible for providing towels.
- Coaches will be designated a respective area and will not be allowed behind the blocks during the meet.

III. AGE GROUPS AND EVENTS:

A swimmers age on June 1st prior to the season will determine his or her age group for the entire season.

Only children who are dependents (includes grandchildren) may compete for league clubs

Age groups and events are as follows:

6 & Under:

- 15-yard Freestyle
- 15-yard Backstroke
- 15-yard Breaststroke

*6 & Under swimmers will compete in 25-yard events at the League Championship

7-8 & 9-10:

- 100-yard Medley Relay
- 25-yard Freestyle
- 25-yard Backstroke
- 25-yard Breaststroke
- 25-yard Butterfly
- 100-yard Freestyle Relay

11-12, 13-14, 15-18:

- 200-yard Medley Relay
- 50-yard Freestyle
- 50-yard Backstroke
- 50-yard Breaststroke
- 50-yard Butterfly
- 200-yard Freestyle Relay

Home club will swim in ODD numbered lanes and visiting club will swim in EVEN numbered lanes. Lanes will be numbered from right to left at the start end.

Each club may swim up to three relays in a six lane pool or four relays in an eight lane pool.

Medley relays will be swum at the beginning of the meet prior to the individual events and Freestyle relays will follow the conclusion of the butterfly events.

Swimmers will be limited to 3 individual events (2 individual events for 6 & unders) and 2 relay events for dual meets in the scoring heat. Swimmers may swim a fourth (third for 6 & unders) in an exhibition heat.

Swimmers must swim in their own age group with the following exceptions:

- A swimmer in the 6 & under level may compete for points in his or her age group and at the judgment of the coach may swim butterfly at the 7-8 level but as an exhibition swimmer only.
- In relay events swimmers may swim up an age group to complete a relay team. Up to 3 of the 4 swimmers per relay team may be from a younger age group. However, if 4 swimmers are available to compete in an age group on a relay no substitutions may be made.

IV. SCORING

Individual Events

Place	Points	Award
1st	5	Blue Ribbon
2nd	3	Red Ribbon
3rd	1	White Ribbon
4th	0	Yellow Ribbon
5th	0	Pink Ribbon
6th	0	Green Ribbon

Relay Events

Place	Points	Award
1st	5	Blue Ribbon
2nd	0	Red Ribbon
3rd	0	White Ribbon
4th	0	Yellow Ribbon
5th	0	Pink Ribbon
6th	0	Green Ribbon

- Place ribbons will be distributed for places 1 through 6 to all swimmers in main events. Heat winners must be distributed to all age groups in non-scoring heats and in addition participant ribbons must be distributed to all 10 & under non scoring heats.
- In any event swimmers must complete the event legally to receive points including instances where they are the sole competitor.
- The meet result will become official following the conclusion of the girl's 15-18 50-yard breaststroke event.
- Coaches/parents relays will be held after breaststroke events unless otherwise agreed upon. Can be either a combination of coaches/parents or parents and coaches separate.

V. INCLEMENT WEATHER

- In the event of inclement weather on the day of the meet the two clubs will still meet at the home team's pool to determine the best course of action. After 30 minutes of inclement weather past 6 pm the two team representatives and two head coaches will meet and reach an agreement. If an agreement is not reached the decision defers to the home pool manager or designate.
- In the event of inclement weather the make-up meet will take place on Wednesday unless otherwise agreed upon by the team representatives. The last Thursday before the championship is reserved as the make-up date for Saturday meets.

VI. MEET ORGANIZATION

- See attached dual meet checklist.

Starter:

To be provided by Home Team

Starter commands in the following order:

1. Announce event: "This is the men's/women's _____ yard _____ event
2. Swimmers step up (step in for backstroke/medley relay)
3. Take your mark
4. Sounds timing device

Starter may call for swimmers to stand if they are not set with the command "stand"

In the event of a false start it is at the discretion of the starter whether it was a swimmer or a starter error. If a starter calls for swimmers to stand and a swimmer enters the water they will not be charged with a false start.

Swimmers who report to the block after take your mark will be disqualified.

Order of Finish:

Order of Finish will be used ahead of HydroXsphere (when both finish judges agree). If there is an event discrepancy between judges the two League Reps will check with the Order of Finish Judges for clarity. If no clarity is reached, HydroXsphere times will be used.

If a tie occurs points are split between the placement and the next placement in order.

- Example: A second place tie would result in the sharing of second and third place points between the two. The 3 points for second and 1 point for third would result in 2 points apiece to the swimmers.

VII. LEAGUE MEET

- The League Championship will take place at Triangle Aquatic Center in Cary. The meet will begin at 8:30 a.m. with warm ups to begin at 7:30 a.m.
- 6 & Unders may enter 2 individual events and may be aged up for 2 relays (1 medley and 1 freestyle) and 7-18 age groups may enter 3 individual events and 2 relays (1 medley and 1 freestyle)
- 6 & Unders will swim 25 yard events at the championship meet.
- Swimmers must participate in a minimum of ONE dual meet in order to be eligible to compete at the championship meet.
- Only 2 relays per team per age group will be scored based on finish however there is no entry limit on relays. All relays will receive awards in accordance with place even if swim is not scored.
- **All entries are due by 5:00 p.m. on the day Ten (10) days from the meet date. Any late teams will be assessed a \$500 penalty.**

Scoring:

Breakdown on next page

Individual

Place	Points	Award
1st	20	Medal
2nd	17	Medal
3rd	16	Medal
4th	15	Medal
5th	14	Medal
6th	13	Medal
7th	12	Medal
8th	11	Medal
9th	9	Ribbon
10th	7	Ribbon
11th	6	Ribbon
12th	5	Ribbon
13th	4	Ribbon
14th	3	Ribbon
15th	2	Ribbon
16th	1	Ribbon

Relays

Place	Points	Award
1st	20	Medal
2nd	17	Medal
3rd	16	Medal
4th	15	Ribbon
5th	14	Ribbon
6th	13	Ribbon
7th	12	Ribbon
8th	11	Ribbon
9th	9	Ribbon
10th	7	Ribbon
11th	6	Ribbon
12th	5	Ribbon
13th	4	Ribbon
14th	3	Ribbon
15th	2	Ribbon
16th	1	Ribbon