

# North Georgia Swim League Rules

Revision # 7 (amended 2011)

**Age Groups:** 6 & Under, 8 & Under, 10 & Under, 12 & Under, 14 & Under, and 18 & Under. Birthday for all meets is the age on May 31<sup>st</sup> of that year. A swimmer may participate in a higher age group than the age group indicates as long as they remain in that higher age group for all events (EXCEPTIONS: 6 & under may swim in both 6 & under events and 8 & under events as long as they do not repeat an event or swim more than the maximum allowable events. Also, swimmers may move up to a higher age group for relays and still swim individual events in their actual age group.)

## 1. **Events and Distance:** Boys and Girls

**6 & under:** 25 yds. Free – 25 yds. Back and 100 Free Relay

**8 & under:** 25 yds. All strokes plus Long Free (50 yds,)

IM (Individual Medley 100 yds.) and 100 yd. Relays

**10 & under:** 25 yds. All strokes plus Long Free (50 yds.),

IM (Individual Medley 100 yds.) and 100 yd. Relays

**12 & under:** 50 yds. All strokes plus Long Free (100 yds.)

IM (Individual Medley 100 yds,) plus 200 yd. Relays

**14 & under:** 50 yds. All strokes plus Long Free (100 yds.),

IM (Individual Medley 100 yds.) plus 200 yd. Relays

**18 & under:** 50 yds. All strokes plus Long Free (100 yds,)

IM (Individual Medley 100 yds.) plus 200 yd. Relays

All events are to be swum in all meets, including dual meets (time permitting), beginning with the first meet. Exceptions: Pentathlon has no relays and no Long Free. Six and under must swim up in the Pentathlon so to be eligible for the Pentathlon award. Invitational will not conduct IM or Medley Relay events.

The Pentathlon, Invitational, and League meets will be swim the slowest swimmer in the first heat and the fastest seeded swimmer in the last heat.

The Invitational, Swim Festival and the League Championship will be split into 2 or 3 sessions depending on the number of swimmers entered in the meet. Order of events will be determined by the hosting club.

**2. Participation:**

Dual meets – each swimmer may swim all Events plus 1 Free Relay and 1 Medley Relay.

Invitational – each swimmer may swim 3 events plus 1 Free Relay and 1 Medley Relay. (Swimmers who attend this meet may not attend the Invitational)

Pentathlon – each swimmer must swim 5 events to be eligible for the “Pentathlon Age Group Ribbons Award” (swimmers who attend this meet may not attend in the Invitational).

League Championship – each swimmer may swim 4 individual events plus 1 Free Relay and 1 Medley Relay; each team may enter as many swimmers as they want to per age group, per individual event, but only 4 individuals from a team can score. Relays – more than two (2) teams may be entered but only 2 relays from a team can score.

All members must be in good standing with their respective club or team. A swimmer competing in the League Championship must be on a team, in good standing (DUES PAID) and the swimmer must be in good standing by competing in one (1) qualifying meet which include: Pentathlon, Invitational or Splash. Exceptions to this rule will be handled on a case by case basis by the League President. Exhibition is at the discretion of coaches with proper notification.

**3. Late Entries:** In a NGS certified meet a swimmer can register for the meet providing that the swimmer is entered at the start of the session, only if lanes are available.

Late entries for team scoring are not allowed at the League Championship Meet. A swimmer can be late entered but must swim exhibition at this League Championship Meet.

4. **Meet Conduct:** The host of each NGSL certified meet will provide results to a coach's disk or flash drive at the conclusion of the meet. Meet volunteers from each team will be mandatory.
5. **Timers:** By virtue of membership and the privilege of participating in NGSL swim meets, all teams are **required** to provide the appropriate number of timers as dictated by the number of swimmers registered for an NGSL swim meet.

<b>Number of Registered Swimmers Attending Meet per Team*</b>	<b>Number of Timers provided by Team</b>
>10	1
11-20	2
21-35	3
36-50	4
For each additional 15 swimmers over 50, one additional timer is required	5+

\*When meets are divided into two halves or split between two pools, teams must provide the appropriate number of timers for each session or pool. For example: If team A registers 38 swimmers for the morning session and 18 swimmers for the afternoon session, they are responsible for providing four timers in the morning and two timers for the afternoon.

In addition to two timers per lane, a back-up timer, relief timer, and a runner will be assigned from the provided volunteers. Responsibilities of the back-up timer include: starting two stop watches at the beginning of each race and watching for a hand signal from lane timers indicating there is a problem with their stop watch

and providing that lane time with a replacement watch started at the beginning of the race. The relief timer will assist the back-up timer and lane timers as necessary, allowing timers to utilize restroom facilities, obtain water, etc. The runner is responsible for collecting timing sheets at the end of each race and giving them to the appropriate meet official.

Failure to provide the appropriate number of timers as required by registered number of swimmers is serious. The head coach will be notified if there are not enough timers from the team in question and be asked to resolve the issue. Should the team be unable to provide the number of timers required by the end of the timers meeting, a NGSL board member will be notified and appropriate action, as agreed upon in advance by the membership, will be taken.

The host team is responsible for confirming each team has provided the appropriate number of timers as required by the number of swimmers registered from that team (see above chart). Should a team fail to provide timers, a representative from the host team should contact the head coach of the team in question to resolve the issue. Should a team not provide the number of timers required by the end of the timer meeting, an NGSL officer should be notified by the host team and appropriate action will be taken by the NGSL board. The host team is also responsible for providing a brief timer meeting for all volunteer timers to assign positions and lanes. This should be done at least 20 minutes before the start of the meet.

**A coaches meeting will be held prior to the start of each meet.**

6. **Scoring, Timing & Awards:** Scoring and timing at dual meets is the responsibility of parent volunteers. Computerized seeding and timing equipment will be used at the Pentathlon, Invitational, Splash, and League Championships.

**Dual Meets:** 1<sup>st</sup> through 8th place ribbons to be awarded for all heats in Dual meets, Depending on the number of lanes the host pool has.

It is the intended that every swimmer receive a ribbon for each event swam at Dual meets. Dual meet scoring and time keeping are to be determined by the competing teams prior to the meet (or may not be kept at all). Dual meet scoring should be based on the first (fastest) heat only. Individual 5,3,1 (places 1<sup>st</sup> – 3<sup>rd</sup>); relays 8,4,(1<sup>st</sup> & 2<sup>nd</sup> only).

Note: **No** all star ribbons are to be handed out at dual meets.

**Splash:** A heat winner ribbon (or other prize) will be given for each heat winner at the Splash. These will be handed out to the swimmer at the end of each heat. Ribbons will be awarded for 1<sup>st</sup> through 10<sup>th</sup> place for individual events and 1<sup>st</sup> through 3<sup>rd</sup> place for relays.

**Pentathlon:** Swimmers must swim all 5 events. 1<sup>st</sup> – 10th places receive Special Rosette Ribbons, places based on the sum of times for all 5 events. Each DQ in the Pentathlon will add 30 seconds onto the swimmer's time for the event.

Regular NGSL ribbons will be awarded for 1<sup>st</sup> through 10<sup>th</sup> place in each event.

**Invitational:** This is a developmental meet, each swimmer achieving an All-star time in an event will not be counted as part of the regular results.

Each swimmer achieving an All-Star time in an event will receive a special "All-Star Ribbon". The next fastest 12 swimmers (below an all-star time) 1<sup>st</sup> - 6<sup>th</sup> places – large rectangular ribbons, 7<sup>th</sup> – 12<sup>th</sup> places smaller rectangular ribbons.

League Championship - 1<sup>st</sup> – 4<sup>th</sup> place medals, 5<sup>th</sup> – 12<sup>th</sup> place ribbons.

1<sup>st</sup> – 3<sup>rd</sup> place relay medals: Individual Point Trophies for each age group, for each gender; Team Trophies 1<sup>st</sup> – 3<sup>rd</sup> place for both large & small teams. League

Championship scoring (both team and individual high point) will be individual events 9,7,6,5,4,3,2,1 (places 1<sup>st</sup> -8<sup>th</sup>),

Relays 18,14,10,8,6,4,2 (places 1<sup>st</sup> – 8<sup>th</sup>).

**All Star Times:** Time standards are set by the NGSL every two years. All star ribbons can be earned by swimmers meeting the time standard during our major certified meets. (Pentathlon, Invitational, Splash, League Championship)

All star ribbons will be the responsibility of the individual teams to coordinate, track and distribution to their individual swimmers. The NGSL will provide each team with the All Star ribbons prior to the season start.

**7. Teams Designation in the NGSL are:**

East Athens (EAST), Chattahoochee Country Club (CCC), Commerce (CTS), Cornerstone (CS), Cumming Waves (CW), Dacula (DAC), Dawsonville (DR), Habersham Hurricanes (HH), Habersham Rapids (HRST), Stingrays (STNG), Brad Aiken YMCA Winder Barracudas (WYB), North Georgia Rapids (NGR), Lanier Aquatics (LA), Jefferson Sea Dragons (JPRD), Hartwell Hydros (HRTWL-GA), Sterling on the Lake (SL),

8. **Officials:** Clinic to be held on an annual basis if needed. Date & place to be determined. USA Swimming Officials or NGSL Certified Officials are to be present at the Invitational, Splash, Pentathlon and Championship Meets. The host teams are to pay officials \$50 per session. There should be two (2) or more officials on deck per session. Stroke & turn officials should adhere to regular USA swim rules. Disqualifications (DQ's) should be consistent from beginning of the season through League Championship, remembering this is a developmental league. Coaches should be discouraged from entering a swimmer in a stroke or distance he/she cannot do properly.

Finish judges for dual meets – one from each team. The meet director shall have sufficient judges to accurately call the meet.

9. **Miscellaneous: At Duel Meets:** Host team – even lanes, Visitors – odd lanes. Times for dual meets kept by individual teams, but the timer in each lane are to time the swimmer in their lane, for which ever team's swimmer is

swimming. Award table to be away from the finish lane to avoid congestion and confusion. Teams should educate their parents on their responsibility to have the swimmers to the bullpen or start area on time for the events.

\*\*\* The Invitational, Pentathlon, Splash & League Championship will require a **bullpen** for 10 & under swimmers. It is the **responsibility** of the Host team to provide seating & staff to manage the bullpen. Bullpen coordinators and/or coaches cannot be responsible for finding swimmers for the events for which they are entered. Generally a bull pen is not operated for all meets for all age groups.