

Rules for Competition
Mid Kansas Swim League 2019
with League Meet rules

2019 Changes

General

*Meets shall begin at 9:00 A.M. with warm-ups set by the host team. The host team will assign each team a lane(s) for the warm-up session **and the Host team will warm up first.**

* In case of weather issues, a regular season meet will start no later than 10:30 AM. If it is between 10:00 and 10:15 when the decision to swim is made, the meet shall be run with no warm-ups allowed.

*The following officials are required for meets:

Meet director, Starter, Clerk of Course, at least two (2) timers for each lane plus at least one back-up timer, Scorers, Place Judge, Stroke and Turn Judge.

Regular Season Meet Scoring:

*Points shall be distributed as follows for individual events:

1st: 6 pts	4th: 3 pts
2nd: 5 pts	5th: 2 pts
3rd: 4 pts	6th: 1 pt

For relays:

1st: 6 pts	4th: 3 pts
2nd: 5 pts	5th: 2 pts
3rd: 4 pts	6th: 1 pt

Places will be awarded according to times but can be overruled by the Place Judge.

League Meet Scoring:

*Points shall be distributed as follows for individual events:

1st: 10 pts	6th: 5 pts
2nd: 9 pts	7 th : 4 pts
3rd: 8 pts	8 th : 3 pts
4th: 7 pts	9 th : 2 pts
5th: 6 pts	10 th : 1 pt

For relays:

1st: 10 pts	6th: 5 pts
2nd: 9 pts	7 th : 4 pts
3rd: 8 pts	8 th : 3 pts
4th: 7 pts	9 th : 2 pts
5th: 6 pts	10 th : 1 pt

* In 25 and 50 Freestyle, points are awarded to the Top 6 finishers, regardless of team.

*The eligibility of a competitor for a particular age group will be determined by his/her age as of June 1 of each season. A swimmer may compete in an older age group but cannot compete in a younger age group.

***Coaches will contact the host team when making requests for a swimmer with special needs. Requests will be handled on a case-by-case basis, always with the swimmers best interest in mind.**

* The Host Team shall send Meet details by Tuesday to visiting teams.

* Weather-related postponements or cancellations shall be agreed to by all teams involved, especially rescheduling a meet.

*Any protest must be made by a coach to the meet director within 30 minutes after the meet has been recorded. The meet director should be identified at the coaches' meeting before the meet begins.

*During the meet, anyone not currently racing cannot get in the water. Failure to observe this rule is grounds for disqualification of the team. Every swimmer deserves a calm pool and no distractions.

* Heat details: An incomplete heat should be run before full heats for each event.

- The last heat in an event should be the fastest.
- Incomplete heats may be combined as a timesaving measure
- combined heats should be same age group

*For the league meet, each team shall provide 3 timers with watches to take care of a lane for the entire meet. This doesn't necessarily have to be the same people for the entire meet.

*Coaches should record times on entry forms, etc. in the following format:

min:sec.tenths

*For the league meet, the host team shall provide a finish judge on each side of the pool.

Entries

*Number of entries by one individual will be as follows:

8-under through age 12: four (4) individual events and two (2) relays.

13-14: five (5) individual events and two (2) relays.

15-18: open number for individual events and two relays.

*The 200 free will be added to the events of all meets and located between the breaststroke and the free relays. The host team will let visiting teams know if they are limiting entries for the 200. The 200 is a scored race with two age groups; 14 and under & 15-18. It does not count against the entry limits listed above.

* No swimmer may be entered in the same stroke and distance in different age groups in the same meet.

*Each team may enter as many as three swimmers in each individual event and two relay teams in each relay event. It is up to the host's discretion whether to allow exhibition "C" entries. Exhibition entries do count toward the allotted individual events. Exhibition entries are not eligible for awards and may not score points for their team.

* The 25 or 50 Freestyle may have more than 3 entries at all meets other than League.

*Relays may consist of three (with one swimmer swimming two legs) or four swimmers of the same gender.

*Prior to the league meet, scratches are permissible but should be made before the meet begins. Scratches after the meet begins must be reported to the Clerk of the Course. It will be left up to the host school whether to allow additions after the meet has begun. Note these exceptions will absolutely not be allowed for the league meet.

*At the league meet all entries are final. Scratches and additions will not be allowed after the meet begins. Swimmers will be seeded according to time. Swimmers with "No Time" will be placed in the slowest heat.

*Swimmers must compete in at least two MKL regular season meets prior to the league meet in order to be eligible to compete in the league meet. If a team member is entered to swim events that get cancelled with the meet because of weather problems, it still counts as 1 of the 2 meets necessary to be eligible for the League Meet.

*The Clerk of Course will call each event at least twice ("first call" and "final call"). It is up to the Clerk's discretion whether to call the event a third time or call by name any swimmer(s) not yet reported. If a swimmer does not report after the final call, he/she will be disqualified from that event. The meet will not be delayed to wait for a swimmer to report.

Starter

- *The starter shall announce each event by saying: 1) Event #; 2) Age group & Gender; 3) Stroke & Distance; 4) Number of lengths to be swum; and 5) Heat # out of Total heats.*
- *Example: Event # 46, 11-12 Boys 50-yard Freestyle, 2 Lengths of the pool, Heat # 1 of 5*
- Swimmers shall wait for the starter to give a command to step up on the blocks, to the edge of the pool, or enter the water.
- The starter shall wait until all swimmers are ready before giving the start commands.
- The starter shall say, "Swimmers, take your mark."
- Swimmers shall take their marks immediately and simultaneously and hold their positions with NO motion.
- The Starter shall wait until ALL swimmers are on their mark and motionless before giving the signal to go.
- The starter may ask the swimmers to stand up if he/she is concerned that a false start may occur. A fair start is the primary goal.
- The starter shall use a whistle, horn, or starting gun to give the go command.
- In 15-18 age groups if a false start occurs, the race will continue and conclude, but the false start offender will be DQ'd.

- In the 14 and under age groups if a false start occurs the starter shall call the swimmers back in whatever manner is available and give a warning to the entire heat. The starter may give the swimmers a rest as needed. The starter may choose to start the next heat or event in order to give the swimmers sufficient rest. If a second false start occurs in that heat the race will continue and conclude and the false start offender will be DQ'd.
- The Starter &/or Clerk of the Course may combine events, but only of the **same age group**, same stroke and the same distance.

Finish Judges

- There shall be two judges to determine the finish order of every heat in every race. A written finish slip shall be submitted for every heat in every race.
- If there is a discrepancy between the finish times and the finish order, it shall be up to the meet director to decide the finish.
- ***A head coach or members of his/her coaching staff are the only ones who may challenge disputed finishes.*** A parent of a swimmer may not approach the meet director to challenge a finish. Parents shall communicate with their team coaches when a concern arises.

Stroke & Turn Judges

- Every effort shall be made to have a minimum of two S&T judges on deck throughout a meet.
- Judging a meet is strictly up to the S&T judges. Timers may not judge while timing.
- The swimmer will always be given the benefit of the doubt.

- Judges shall learn the league rules before judging a meet. It is recommended that an inexperienced judge work a meet along side of an experienced judge for at least one *entire* meet.
- When a disqualification is seen, a judge must submit a written DQ slip. Every effort shall be made to insure the correct event, heat, and lane number is written on the slip. If confusion arises, the swimmer shall be given the benefit of the doubt.

Stroke Requirements

General

*Swimmers age nine (9) and older who fail to meet the stroke and turn requirements for an event shall be disqualified from that event. In such situations, the Stroke Judge shall send a disqualification slip with the swimmer's event, heat, lane and name to the scorers table and shall sufficiently explain the disqualification to the swimmer or the coach. If there is reasonable doubt that a swimmer has violated the requirements, a warning, not a disqualification, will be issued.

*For all divisions from 11 years old and up, touching the bottom will always result in disqualification.

*Swimmers in the 8-under age group shall not be disqualified unless obviously swimming the incorrect stroke for the 1st 3 meets in the season. Beginning with the 4th meet, June 25, 2016, DQ's will be issued. During the first 2 meets, in situations in which a swimmer would be otherwise disqualified, the Stroke Judge shall issue a warning to the swimmer and sufficiently explain the problem to the swimmer or the coach. It should be emphasized that even though no disqualification will take place in the 8-under division for the first 3 meets, swimmers are not to use touching the bottom to gain an advantage. I.E. - pushing off to gain ground.

*Through the first two(2) meets, swimmers in the 9-10 year old age group shall not be disqualified. In situations, in which a swimmer would be otherwise disqualified, the Stroke Judge shall issue a warning to the swimmer and sufficiently explain the problem to the swimmer or the coach. It should be emphasized that even though no disqualification will take place, swimmers are not to use touching the bottom to gain an advantage. I.E. - pushing off to gain ground.

*10-under must start in the water or **sit-dive with at least one foot completely submerged and some part of it against the pool wall** for all individual and relay events when entering pools with shallow depths. Any other questions about starts in shallow water should be addressed at the coaches' meeting before the meet begins.

Butterfly

Start

- A forward start off the blocks, side, or in water shall be used.
- Some part of the swimmer's head must break the surface of the water by the time he/she reaches the middle of the pool.

Stroke

- The swimmer will remain on the breast throughout the swim.
- At the start and after each turn, the swimmer is permitted one or more kicks, but only one butterfly arm pull under water. This arm pull must bring the swimmer to the surface.
- Arms movements must be simultaneous. Both arms must be brought forward over the surface of the water and pulled back under water.

Kick

- *Only dolphin kick may be used with a simultaneous up and down movement of the legs and feet throughout the entire distance.*
- Feet do not need to be at the same level or together, but may not have in any type of alternating movement. A scissor, breaststroke, or flutter kick is not allowed.

Turn

- The swimmer must remain on the breast until the touch is made. After the touch, the swimmer may turn in any manner.
- *Only a dolphin kick may be used while the swimmer is submerged at the start and turns.*
- A two-hand touch is required. The swimmer's hands must touch simultaneously and in the same horizontal plane at, under, or above the water surface.

Finish

- The swimmer must remain on the breast until the touch is made.
- A two-hand touch is required. The swimmer's hands must touch simultaneously and in the same horizontal plane at, under, or above the water surface.
- Timers shall stop their watches after both hands have touched the wall.

Backstroke

Start

- Swimmers shall line up in the water facing the starting end, with both hands on the gutter, the pool edge, **ankles**, or on the starting block grips.
- Before or after the start, a swimmer may not place feet in or on the gutter, place the toes above the lip of the gutter, or bend the toes over the lip of the gutter.
- Some part of the swimmer's head must break the surface of the water by the time he/she reaches the middle of the pool.
- The swimmer may kick in any manner while submerged, and a single-arm stroke may be made as the swimmer comes to the surface.

Stroke

- The swimmer shall push off on his/her back and remain on his/her back throughout the race.
- Arms shall be moved in a rotary/alternating movement over the surface of the water.
- Simultaneous movement of the arms as in the elementary backstroke is not permitted.

Kick

- Any style of kick may be used.

Turns

- During the turn the shoulders may be turned past the vertical toward the breast after which one continuous single arm or one continuous simultaneous double-arm pull may be taken to complete the turn.
- Once on the breast, the swimmer must complete a flip turn.
- If the swimmer turns to the breast too soon, kicking to the wall to complete the flip turn is allowed

Finish

- At the finish, the swimmer must remain on his/her back until touching the wall with some part of the body.
- Timers shall stop their watches as soon as any part of the swimmer touches at the finish.
- *Timers should not catch a swimmer's head unless asked by the swimmer's coach.*

Breaststroke

Start

- A forward start off the blocks, side, or in water shall be used.
- The underwater portion of the start may include a full arm stroke completely back to the legs and one leg kick while wholly submerged. This leg kick may include a dolphin kick. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke.
- Some part of the swimmer's head must break the surface of the water by the time he/she reaches the middle of the pool.

Stroke

- The swimmer will remain on the breast throughout the swim.
- The arms shall move simultaneously and in the same horizontal plane without any alternating movement.
- The hands shall be pushed forward together from the breast, on, under, or over the water.
- Elbows should remain under water, except at turns and finish touch.
- Hands shall be brought back on or under the surface of the water.
- ***A DQ will be issued if a swimmer extends his/her hands beyond the hipline, other than during the first stroke after the start and each turn.*** (see general stroke requirements for ages/meets to DQ)
- ***The swimmer shall breathe at least once*** during each complete cycle of one arm stroke and one leg kick, except after the start and each turn.

Kick

- All movement of the legs shall be simultaneous.
- The feet must be turned outward during the propulsive part of the kick.
- A scissor, flutter, or butterfly kick is not permitted.
- The feet may break the surface of the water providing only a legal kick is used.

Turns

- At each turn, the hands must touch simultaneously and in the same horizontal plane at, above, or below the surface the water.
- Once the touch is made, a swimmer may turn in any manner.
- The underwater recovery on the turn may include a full arm stroke completely back to the legs and one leg kick while wholly submerged. This leg kick may include a dolphin kick. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke.
- The shoulders must be at or past vertical toward the breast when the swimmer leaves the wall.

Finish

- At the finish, the body must be on the breast and the touch made with both hands simultaneously and in the same horizontal plane at, above, or below the surface of the water.
- Timers shall stop their watches after both hands have touched the wall.

Freestyle

Start

- Forward start off the blocks, side, or in the water shall be used.
- Some part of the swimmer's head must break the surface of the water by the time he/she reaches the middle of the pool.
- Any kick may be used while submerged, but no arm pulls may be made.

Stroke

- In the short freestyle events (25 & 50 yd or m), ***the Front Crawl must be used.***

- In the long freestyle individual events (100 yd or m), any of the four approved strokes may be used. However, a change from one stroke to another must be done at the end of a length. A swimmer will be judged according to the rules of the stroke used.
- In the Individual Medley, Free Relay, and Medley Relay, the Front Crawl must be swum for the freestyle leg(s).

Kick

- *Any style kick may be used.*

Turns

- The swimmer may turn in any manner, but some part of the body must touch the wall before leaving the wall.

Finish

- *The swimmer shall finish the race in accordance with the rules of the stroke used.*
- Timers shall stop their watches as soon as *the swimmer touches in accordance with the rules of the stroke used.*

Front Crawl – definition:

A stroke swum on the breast in which the arms are alternately moved overhead accompanied by a flutter kick.

Individual Medley

The swimmer will swim the designated distance in the following order: 1) Butterfly, 2) Backstroke, 3) Breaststroke, 4) Freestyle. In this event, freestyle refers to the Front Crawl. Each stroke will be swum for $\frac{1}{4}$ the total distance.

Start

- Forward start off the blocks, side, or in the water shall be used.
- Some part of the swimmer's head must break the surface of the water by the time he/she reaches the middle of the pool.

Stroke

- The stroke for each leg shall follow the rules for that stroke as described above.

Turns

- Within each stroke, turns performed during distances requiring a turn must obey the turn rules for that stroke.
- Turns when changing stroke must obey the finish rules for that stroke as follows:
 - **Butterfly to Backstroke:**
 - While on the breast, a swimmer must touch the wall with two hands simultaneously and in the same horizontal plane. After the two-hand touch, the swimmer may turn in any manner, but must be on his/her back when leaving the wall.

- **Backstroke to Breaststroke:**
 - The swimmer must touch the wall on his/her back before performing a turn of any kind. After the turn, the swimmer must leave the wall on his/her breast.
- **Breaststroke to Freestyle:**
 - While on the breast, the swimmer must touch the wall with two hands simultaneously and in the same horizontal plane. After the two-hand touch, the swimmer may turn in any manner before leaving the wall on his/her breast.

Finish

- Since the Freestyle is the final leg, the swimmer shall finish the race when any part of the body touches the wall at the end of the designated distance.
- Timers shall stop their watches as soon as any part of the swimmer touches at the finish.

Medley Relay

- Three or four swimmers will make up a team. If there are only three swimmers, one swimmer may swim any two legs.
- The race will be swum for the designated distance in the following order:
 - 1) Backstroke, 2) Breaststroke, 3) Butterfly, 4) Freestyle.
- In this event, freestyle refers to the Front Crawl.
- Each stroke will be swum for $\frac{1}{4}$ the total distance.
- Each stroke will be swum in accordance with the rules for that stroke as described above.
- The first swimmer will start in the water, facing the starting edge as described above for the backstroke.
- Subsequent swimmers will do a forward start from the blocks, pool edge, or in the water.
- Each swimmer must wait to start until the previous swimmer has touched. Motion by the swimmer is allowed as he/she prepares to take off, but at least part of a foot or hand must remain in contact with the pool or block until the previous swimmer has touched.

Freestyle Relay

- Three or four swimmers will make up a team. If there are only three swimmers, one swimmer may swim any two legs.
- In this event, freestyle refers to the Front Crawl.
- Each leg will be $\frac{1}{4}$ the designated distance.
- When applicable, the race will be swum in accordance with the rules for freestyle as described above.
- The first swimmer will do a forward start off the blocks, side, or in the water.
- Subsequent swimmers will do a forward start from the blocks, side, or in the water.
- Each swimmer must wait to start until the previous swimmer has touched. Motion by the swimmer is allowed as he/she prepares to take off, but at least part of a foot or hand must remain in contact with the pool or block until the previous swimmer has touched.