

FREDERICK SUMMER SWIM LEAGUE RULES AND REGULATIONS 2015

MISSION STATEMENT:

The goal of the Frederick Summer Swim League is to encourage informal, friendly team competition at the neighborhood pool level while providing the youth of Frederick County the opportunity to develop athletic skills, positive sportsmanship, an understanding of teamwork, and an appreciation for the relationship between effort and success in a wholesome and fair atmosphere.

RULES OF COMPETITION & MEET PROCEDURES:

ARTICLE I - General rules

All persons associated with the Frederick Summer Swim League (FSSL) are to comply with the FSSL Rules of Competition and Meet Procedures as published by the League Committee. Appendix B contains definitions for many of the terms used in these rules.

SECTION 1: Registration

- A.) Each team must provide, to the league Chair and League IT, an electronic version of the final roster of male and female members. Listing must include the name (First, MI, Last), date of birth, age group and sex of each eligible swimmer by noon Friday before the official start date of the competition year. Swimmers may be added to the roster after the deadline if there are extenuating circumstances. The league fee will be due when the swimmer is added to the roster.

- B.) Each team shall pay a fee for each swimmer to obtain membership in the FSSL. The fee is due to the League Treasurer by noon Friday before the official start date of the competition year along with the roster of swimmers. Failure to submit payment and electronic copy of roster along with hard copy of the roster to the League Treasurer by due date will result in a 10% penalty of the unpaid fee. If payment is not received by one week after due date, then all meets will be forfeited until the fee is paid. League will consider all fees paid and hard copy of the roster on time based on postmark date versus actual receipt. Electronic copy of roster must be sent and received by due date.

SECTION 2 - General Swimming Rules

- A.) Competition will be governed by the current FSSL rules.

- B.) As per Frederick County Health Department regulations, a pool operator and Lifeguard must be present during all meets. The lifeguard must be in lifeguard chair. A team coach may not serve as the lifeguard and it is preferred that a coach not perform the pool operator duties.

- C.) Swimmers must swim the proscribed length of competition unassisted with the exception of reasonable accommodation for disabled swimmers.

SECTION 3 - League Divisions

The teams in the FSSL will be divided into divisions based on data from the results from a computer-generated mock meet using each swimmer's seasonal best time from the previous season, Divisional standing from the prior year, and input from the team reps.

Determination of the Divisions will be finalized by the conclusion of the January League meeting. Divisions will be designated One, Two, and Three (I, II and III), etc.

SECTION 4 - The Meet Season

The competition season will follow a seven-week schedule. All meets are to be held on Saturday mornings beginning at 8:00am unless otherwise arranged and agreed upon prior to the start of the season. The visiting team always warms up second. If there is a conflict, the home team has the right to reschedule a meet before the season starts. Both home and visiting teams involved must agree upon schedule changes. Rescheduled meets may be held on any mutually agreeable date.

Divisionals will be held the week after the last regular season meet. All Stars will be held the week after Divisionals.

SECTION 5 - Eligibility of Swimmers

In order to compete in an FSSL dual or tri-meet, an individual must fulfill the requirements of the FSSL swim team program in which she/he wishes to participate and be a registered member of that team. (Refer to Appendix B - Eligible Swimmer).

SECTION 6 - Division Determination

A mock meet will be run using Team Manager software using Best Times for each swimmer. This data, along with final divisional standings and team rep input will be used to determine the league alignment and breakdown into divisions for the following year.

SECTION 7 - Eligibility of Teams

All league member teams shall be eligible for League competition. New teams desiring to join the FSSL must make an application to the league chair by March 1 of the year they wish to compete.

SECTION 8 -Offensive Signs or Objects

Team representatives/Meet Managers shall ensure, particularly at home meets, that there are no signs, body art, objects or actions, which are in bad taste or offensive to either team.

SECTION 9: Locker room

Representatives & coaches shall ensure that pool grounds and changing rooms used by their teams are thoroughly inspected before departing, especially at the Divisional and All-Star meets.

SECTION 10 - Backstroke Flags

Backstroke flags must be 5 yards or 5 meters from each end of the pool, whichever system of measurement the pool uses. This requirement is for both the competition pool and any alternative warm up pool designated at a swim facility.

SECTION 11 – Disputes/Resolutions

Protests claiming a violation of League rules or misapplication of rules must be made, in writing, within 24 hours to the opposing Team Rep. Team Reps will try to resolve the issue.

If it is not resolved by Team Reps, then all Division Commissioners should be notified within 48 hour of the alleged violation. The Division Commissioner from the disputing teams division should notify the League Chair that there is a dispute. The League Chair shall not become involved in resolution until such time that the Division Commissioners

determine they can not resolve the issue. The Division Commissioners should apply the League Rules to the situation and come to an agreement through majority vote.

Any voting resulting in a tie by the Division Commissioners will be resolved by the vote of the League Chair. If the League Chair is a party to the dispute and must abstain from voting then Vice Chair will vote to break the tie.

Any Division Commissioner, League Chair or Vice Chair on a team involved in the dispute must abstain from voting to determine resolution.

If a majority vote of Division Commissioners does not resolve the dispute, the decision of the League Chair or Vice Chair will be final.

Decision of Division Commissioners or League Chair, depending at what level resolution is reached, is final and must be documented with date and time decision is communicated to all parties involved in the dispute.

SECTION 12: Confidentiality of Information

Correspondence between coaches, reps, and commissioners regarding disputes is to be held as confidential and must not be shared with others, directly or indirectly.

Copies of Seeded Meet Entries and Meet Manager Programs that are exchanged between IT Team Reps prior to a meet are not for distribution among team parents or anyone other than the Team Reps and Coaches.

The following information, and only the following information, shall be acceptable for publication in any form, including but not limited to the World Wide Web or publicly posting at meet venues, regarding any registered swimmer without express written authorization from the swimmer's parent or guardian: Name, Age (in years), Team Affiliation, Time & Place in event/heat and Any Awards or Honors earned.

Meet Programs offered for sale at meets and results posted at the meet venue will be considered to be in the public domain. If the meet venue does not restrict access to spectators, then it will be considered a public meet venue with no more expectation of privacy than any public meeting area. A meet host may request to the FSSL Board on mechanisms to restrict access.

Swimmer names on t-shirts offered for sale will consist only of names submitted in writing or email by each team in advance of the meet.

SECTION 13- Penalties

A.) Competition by an ineligible swimmer (see Appendix B) will result in forfeiture of the swimmer's points for that meet and preceding meets in which the swimmer was ineligible.

B.) A swimmer may swim under protest. However, if the decision of the Executive Committee goes against the swimmer, the points earned by that swimmer will be forfeited.

SECTION 14 – Interference and Unsportsmanlike Conduct:

Interference and unsportsmanlike conduct at practice and meets will not be tolerated. The Coach(s) or established swim team committee for each pool will individually determine guidelines for their individual pool as it pertains to interference and unsportsmanlike conduct at practice.

The Referee may penalize or eject anyone, including spectators, coaches or swimmers for unsportsmanlike conduct according to USA Swimming Rules. If the person refuses

to listen, the Referee may contact two or more FSSL Officers (Commissioners, Vice Chair, League Chair) which could result in the offending team to forfeit the meet. Reports of interference or unsportsmanlike conduct at a swim meet could result in the person being banned from future meets. Interference or unsportsmanlike conduct at practice can result in removal from the practice and may result in the swimmer's removal from the team based on the discretion of the team.

Section 15 - Mandatory Meetings

Prior to the start of the season, there will be a mandatory Coaches meeting and a mandatory IT meeting. Each team needs to send an appropriate representative to each of these meetings. Any documents handed out at these meetings will subsequently be posted on the FSSL website.

Section 16 – Officials Training

All FSSL Officials will attend mandatory training each year to be able to officiate FSSL meets. Additionally, anyone planning to act as Starter or Referee must attend the mandatory Starter/Referee training.

Section 17 – Alcohol, Drugs and tobacco

Alcohol drugs and tobacco are prohibited at all FSSL sponsored functions. FSSL maintains a zero tolerance policy for the above substances. Use must be brought to the attention of the host team and pool management and immediately addressed. If use continues it should be brought to the League Commissioners to investigate and address penalties if warranted.

Section 18 – Team Sanctions

No team sanction shall be imposed pursuant to these rules before the subject of the proposed sanction is afforded notice of and a meaningful opportunity to be heard upon the charge and proposed sanction. Any team sanction imposed pursuant to these rules may be appealed to a meeting of the representatives of the league's member teams.

ARTICLE II. CATEGORIES OF COMPETITON

SECTION 1 - Age Groups

A.) Age groups for FSSL competition will be: 15-18 years, 13-14 years, 11-12 years, 9-10 years, & 7-8 years. For certain events there is an 18 & under, 12 & under, 10 & under, 8 & under, 6 & under and 13 & older category.

B.) There will be separate age group competition for boys and girls. Coed relays must have a minimum of 2 girls with a maximum of 3 girls on each relay.

SECTION 2 - Age for Competition:

Age groups for the League competition will be based on the swimmer's age as of June 1, regardless of the starting date of the FSSL season. The age of a swimmer can be up to 19 years if his/her birthday is after June 1.

SECTION 3 - Age Group Competition:

Any swimmer swimming up an age group in a meet must stay swimming in that age group throughout the entire meet, including relays. Swimmers may swim up, based on the discretion of their coach, one age group above the swimmers age.

ARTICLE III. ENTRIES - Regular Season

SECTION 1 - Number of Entries Per Swimmer

- A.) Any swimmer under the scratch limit (see Appendix B) not reporting for or competing in a scheduled event shall NOT be penalized.
- B.) In a dual or tri-meet, each competitor may be entered in a maximum of five (5) events with no more than four (4) individual events regardless of team size. If a swimmer is entered in more than the allowed number of events the swimmer will be struck from any events over the legal limit and must swim the first four (4) individual events scheduled. The swimmer will be removed from any remaining individual events.

SECTION 2 - Number of Entries per Team

- A.) For dual-meets, all heats are official. Swimmers may swim in a maximum of five (5) events with no more than four (4) individual events per meet. There may be up to three (3) relay entries per team providing there will be no more than one heat per event.
- B.) For tri-meets, swimmers may swim in a maximum of five (5) events with no more than four (4) individual events per meet. However, entry limits may be reduced for individual events and they will be equal to the number of lanes in the host pool. The Team Reps of the three teams participating in the Tri-Meet will mutually agree upon such limitations. There may be up to two (2) relay entries maximum per team per event. It is required that tri-meets be held in pools with at least six (6) lanes.
- C.) Swimmers will be seeded using Meet Manager. Method of seeding the meet for dual and tri meets will be determined by the home team and shared with the visiting team(s) at least 24 hours prior to the exchange of entries. If odd/even lane assignments are used, the host team will determine which team will swim in odd/even lanes. All other meets will be seeded strictly on entry times.
- D.) When there is more than one heat, the fastest seeded swimmers will swim the LAST heat and in the center lanes. The heats shall be ordered SLOWEST to FASTEST. The remaining heats may be combined. All six (6) swimmers in a heat may be from the same team in the interest of saving time.

SECTION 3 - Entry Procedures

- A.) For all regular season meets, all Meet Manager entries **MUST** be exchanged by the home and visiting team in person or via email to the IT contact or team rep by 8:00pm two days prior to the meet (the Thursday before a Saturday meet), unless otherwise agreed upon by the two competing teams. The home team will e-mail final copy of the Handwriter's sheets showing each swimmer's heat and lane assignment (Meet Manager, Reports, Entry List, By Team, Alphabetical) and a copy of the seeded meet to the visiting team by 8:00 pm the following night, unless otherwise agreed upon by the competing teams. **This information is deemed confidential** and for the use of the Volunteers to post or provide to swimmers and coaches. Both teams must agree in writing to extend the deadline to a mutually convenient time.
- B.) All swimmers entered in a meet should have a seedtime for each individual event entered. Times from a previous year or a time trial are acceptable. It is to the benefit of the team to submit accurate seed times. If a team consistently does not submit

their best times as the seed times then Article I Section 14 on Unsportsmanlike Conduct shall be applied. This rule does not apply to relays.

- C) All scratches will be submitted at a scratch meeting to be held approximately 20 minutes before the designated meet starting time. A representative from each team shall attend this meeting. A swimmer who fails to swim in an event, but does compete in the meet, will not be counted as a scratch. Any scratches over the limit will result in a deduction of 1 point from the final score of the offending team for each event missed by the scratched swimmer(s). It is understood that the selection of swimmers for the deduction of points will be the one which minimizes the total deduction of points. The number of swimmers that may be scratched without penalty is 10 per team. A swimmer who shows up at the meet to swim but is prevented from swimming by something unforeseen will not count as a scratch.
- D) Entries for relay teams must be submitted when entries are exchanged. Alternates for each relay team may be designated up to the number of swimmers on the relay team. The supplying of alternates is not mandatory but if not supplied then a team may not substitute swimmers assigned to a relay team.
- E) No changes will be permitted after the entries have been submitted, except by mutual consent of the coaches, or in their absence, designated Acting Coaches. These entries must be entered as exhibition swims if a lane is available in an existing heat. No points will be awarded for exhibition swims, but the times may be used to qualify a swimmer for All Stars. The referee will make the final decision in the event of a conflict.

ARTICLE IV - SWIMMING EVENTS

SECTION 1 - Order of Events

See Appendix A

SECTION 2 - Individual Strokes & Relays

These are determined by the current USA rules for Strokes and Turns. A copy will be given to each team at the annual Officials Training and the annual Coaches meeting as well as provided to the Team Representatives. It is the responsibility of each team to share this information to their team's families.

ARTICLE V - PROCEDURES FOR MEETS

SECTION 1 – Meet Staffing (see Appendix F for Officials Guidelines)

- A.) Generally, the Home team will supply the starter, at least 2 stroke and turn judges, head timer, scorer, half the required number of timers (9 for a 6-lane pool) (one third the number of timers for tri-meets) and the Meet Clerk of Course who will assure that all swimmers get to their positions behind the blocks.

The visiting team(s) will provide half the number of timers (9 for a 6-lane pool), at least two (2) stroke and turn judges, a scorer, and a Clerk of Course to get their Team's swimmers to the Meet Clerk of Course.

- B.) In the event that any team cannot provide the proper number of timers, judges, workers, or qualified officials, its team representative(s) should notify the opposing

team representatives(s) at least 24 hours prior to the scheduled start of the meet so that replacements may be found. If replacements are not available, the team unable to provide the proper amount of volunteers risks forfeiture of the meet.

- C.) A safety marshal will be appointed by each team for each meet. The role of this person is to assure that conduct rules are followed during the meet. Any infractions that cannot be dealt with by the marshal shall be brought to the attention of the Team Reps and/or the referee.

SECTION 2 - Meet Procedures

- A.) Warm ups will end 10 minutes prior to the meet starting time to provide an opportunity for coaches (or their designee) and team reps to meet with the starter/referee.
- B.) The scorers will input the meet results into Meet Manager. All teams will be represented at the scorer's table unless one of the teams waives its right. (See Appendix G – Scoring Guidelines).
- C.) All events shall be completed as scheduled unless prevented by extraordinary conditions or situations as determined by Referee of the meet. In this situation, the meet must be rescheduled, by mutual agreement of the Team Representatives involved. Rescheduled meets may be held on any mutually agreeable date. In case of a dispute over rescheduling, the League Chair's decision will prevail. Failure to comply will result in forfeiture.
- D.) If due to unforeseen conditions, a meet must be interrupted; all completed events will be deemed official. When the meet resumes, no changes to the original line-up will be permitted, except deletion of swimmers who can not attend on the rescheduled date and swimmers added to the line up will only be allowed as Exhibition Swimmers (not eligible to swim for points). Failure to adhere to this procedure will result in the forfeiture of the meet by the offending team. Any relays to be swum in the make up meet must be swum by original swimmers assigned unless swimmer is scratched for the make up date then can be replaced by another swimmer but NOT an added exhibition swimmer.
- E.) Place finishes shall be determined based on time. Timers shall be assigned to each lane to record watch times on event sheets. Each lane will have three timers. There will be one overall head timer. Each lane will have 2 timers from one team and 1 timer from the other team. (For tri-meets, 1 timer from each team). The Head timer shall carry two stopwatches. At the conclusion of the meet, the host team is responsible for delivering a Meet Manager backup file (Meet Manager, File, Backup) to the League IT Coordinator as designated at the beginning of the season and to visiting team within 24 hours of the meet. E-mail is preferred. For a typical dual meet
 - Thursday 8 PM Exchange entries between teams for Saturday 8 am meet.
 - Friday 8 PM Host team emails Entry List to Visiting Team
 - Sunday 1 PM Host team provides Meet Manager Backup to Visiting Team and to FSSL IT Coordinator via email.

ARTICLE VI - MEET SCORING

SECTION 1 - Dual Meet Scoring:

- A.) Individual events will be scored 5, 3, 1 respectively for first (1st), second (2nd), and third (3rd) place. All points awarded must be earned.
- B.) Relay events will be scored 8, 4, 2 respectively for first (1st), second (2nd), and third (3rd) place.
- C.) Ribbons will be awarded through 12th place.
- D.) Each dual meet winner will be awarded 2 points toward divisional standings. In case of a tie each team will receive 1 point.
- E.) For meets between teams in two different divisions, score will not be kept unless both teams agree prior to the start of the meet. There will be no divisional standing points awarded.

SECTION 2 - Tri-meet scoring:

- A.) Tri-meets among teams may be set up by mutual agreement among coaches.
- B.) In the case of an in-Division tri-meet, the meet will be scored as a tri-meet.
- C.) Individual events will be scored 5, 3, 1 respectively for first (1st), second (2nd), and third (3rd) place.
- D.) Relay events will be scored 8, 4, 2 respectively for first (1st), second (2nd), and third (3rd) place. All points must be earned.
- E.) Ribbons will be awarded through 12th place.
- F.) In the case of an in-Division tri-meet, the meet winner will be awarded 2 points toward divisional standings, the second place team will be awarded 1 point and the third place team will be awarded 0 points. In the case of a tie, each team will split the points.
- G.) For tri-meets between teams from 2 or 3 different divisions, there will be no divisional standing points awarded.

SECTION 3 - Ties:

Where 2 or more swimmers tie for any place in any event, the points credited to such place or places, if any, next in order shall be equally divided between such swimmers; i.e., if two tie for first place, the points to be credited to first place and the points to be credited to second place shall be added and divided one-half and one-half. If three tie for first place, the points credited to first, second and third places shall be added and divided one-third, one-third and one-third, and so on for four or more tying for first place. The same is true for those tying for second place, third place and so forth.

SECTION 4 - Disqualification:

When a relay team or individual swimmer is disqualified, the subsequent places will move up accordingly and points shall be awarded to conform to the new places.

ARTICLE VII - DIVISIONAL MEETS (If Divisional Meets are held)

SECTION 1 - General:

- A.) Divisional meets will be held on the Saturday following the last official meet of the FSSL season. The events will correspond to those in dual/tri meets.
- B.) All swimmers registered on their team roster will be eligible to participate in their divisional swim meet, as long as they have competed in two FSSL meets during the swim season. Swimmers who did not meet the minimum meet requirement may swim exhibition. Exhibition swim counts toward maximum number of allowed entries per swimmer. All heats are official.
- C.) The host team will be determined by league approval at the start of the season.
- D.) The number of assigned lanes for warm up will be rationed based on the number of swimmers warming up per team as determined by Meet Entries.

SECTION 2 - Entries

- A.) Divisional meet participants will be allowed to enter as many as three (3) individual events and one (1) relay.
- B.) If a swimmer is entered in more than the allowed number of events, the swimmer will be struck from any events over the legal limit and must swim the first 3 individual events scheduled. The swimmer will be removed from any remaining individual events.
- C.) If a swimmer is entered in more than one relay, they will swim the first relay scheduled and be struck from any additional relays.
- D.) Any swimmer under the scratch limit not reporting for or competing in a scheduled event shall NOT be penalized.
- E.) There will be a maximum of 3 relay teams entered per team. All "A" relays will swim together in the fastest heat. All "B" relays will swim together in one heat. All "C" relays will swim together in one heat. The "B" and "C" relay heats may be combined if there are enough lanes for 1 heat.

SECTION 3 – Event Scoring

- A.) Individual events will be scored 7-5-4-3-2-1 respectively for first, second, third, fourth, fifth, and sixth place. All points must be earned.
- B.) Relay events will be scored 10-7-4-2. All points must be earned.
- C.) Ribbons will be awarded to 12th place.

SECTION 4 - Entry Procedures

- A.) Meet Manager entries are to be sent to the Host team by 8:00pm 3 days prior to the Divisional Meet (on the Wednesday for Divisional meets held on Saturday). The Divisional Meet Host team must send their Meet Manager entries to the other teams within their division by 8:00pm on the Wednesday prior to the Divisional Meet. The Host team must send Seeded Meet Entries for Handwriters (Meet Manager, Reports, Entry List, By Team, Alphabetical), and a Sessions Report (Meet Manager, Events,

Sessions, Reports, Create Report, with Start Time and 30 second Intervals), to all teams within the Division by 8:00 pm Friday before the Divisional Meet.

- B.) All swimmers entered in a meet must have a time for each event entered. Times from a previous year or a time trial are acceptable.
- C.) Entries for relay teams must be submitted when entries are exchanged. Alternates for each relay team may be designated up to the number of swimmers on the relay team. The supplying of alternates is not mandatory but if not supplied then a team may not substitute swimmers assigned to a relay team.
- D.) All scratches will be submitted at a scratch meeting to be held approximately 15 minutes before the designated meet starting time. Coaches, team representatives and the meet referee shall attend this meeting. The number of allowable scratches per team is five (5). Any scratches over the limit will result in a deduction of 1 point from the final score of the offending team for each event missed by the scratched swimmer. It is understood that the selection of swimmers for the deduction of points will be the one which minimizes the total deduction of points.
- E.) No changes will be permitted to the individual entries after the entries have been submitted, except by mutual consent of the coaches, or in their absence, designated Acting Coaches. These entries must be swum as exhibition swims if a lane is available and no points may be awarded. The referee will make the final decision in the event of a conflict.

Divisional Meet

Wednesday 8 PM Exchange entries between teams for Saturday 8 am meet.
Friday 8 PM Host team emails Entry List to Visiting Teams
Sunday 3 PM Host team provides Meet Manager Backup to Visiting Teams and to FSSL IT Coordinator.

SECTION 5 - Division Champion:

- A.) The total points earned during regular season meets AND the Divisional Meet will determine the DIVISION CHAMPION and final Division standings.
- B.) Two (2) points will be awarded to the winner of each dual meet within the same division. In the case of a tie, points are split.
- C.) For the Divisional Meet, points are awarded as follows:
 - 1st place = 4 points
 - 2nd place = 3 points
 - 3rd place = 2 points
 - 4th place = 1 point
 - 5th place = 0 points
- D.) All teams within the division will receive a trophy based on their Divisional place standing. If there is a tie for the Divisional place standings, then the tie will be resolved by the results of the meet when those teams competed during the season.
- E.) An additional trophy will be awarded for the Divisional meet winner.

ARTICLE VIII - ALL-STAR MEET

SECTION 1 - General:

- A.) After the divisional meets, an All-Star meet will be held. This meet is based on individual, not team, performance.
- B.) Qualification for the meet is determined by a time standard. Time standards are determined at the start of the season. If a new time standard is not established by June 1, then the prior year time standard will be used.
- C.) The time standard must be met during a regular FSSL or Divisional meet of the current year.
- D.) The host team will be determined by league approval at the start of the season.
- E.) All swimmers registered on their team roster will be eligible to participate in the All-star meet, provided they have competed in 2 FSSL meets during the swim season and meet the time standards. Exceptions may be petitioned to the Division Commissioners whose decision is final.
- F.) The number of assigned lanes for warm up will be rationed based on the number of swimmers warming up per team as determined by Meet Entries. Each team will have a 20 minute warm-up period.

SECTION 2 - Entry Procedures:

- A.) All swimmers must swim in their age group based on their ages as of June 1.
- B.) Each swimmer will be required to pay an entry fee of \$3.00 for each event in which that swimmer will participate.
- C.) Swimmers can swim a maximum of **4** events.
- D.) Coaches must submit their swimmers (Team Manager, Export, Meet Entries, zip file) who meet the time standards with proof of time (Team Manager, Reports, Meet Entries, Radio Button "Include Proof of Time") and wish to participate in the ALL STAR meet to the Meet Director (chosen by the Host team) and the League IT Rep via email by **8PM** on the **Tuesday** directly following the Divisional Meet. No changes after deadline. The Meet Director reserves the right to accept or reject entries which are received after the deadline. The entry fee for entries after the deadline will be increased to \$4.00 for each event.
- E.) The League IT Rep will send Seeded Meet Entries for Handwriters (Meet Manager, Reports, Entry List, By Team, Alphabetical), and a Sessions Report (Meet Manager, Events, Sessions, Reports, Create Report, with Start Time and 30 second Intervals), to all teams sending swimmers by **8:00 pm Thursday** before the All Star Meet.
- F.) The All Star Meet start time will be determined by the host team but no later than 9:00am and will follow the same policies and procedures set forth in the FSSL rules for dual meets, unless otherwise specified in the Rules.

All Star Meet

Tuesday 8 PM	Exchange entries between teams for Saturday 8 am meet.
Thursday 8 PM	Host team emails Entry List to Visiting Teams
Sunday 3 PM	Host team provides Meet Manager Backup to Visiting Teams and

to FSSL IT Coordinator.

SECTION 3 - Awards:

A.) For the All-star Meet, medals will be awarded for the first (1st), second (2nd), and third (3rd) places per event.

B.) Ribbons will be awarded for fourth (4th) through twelfth (12th) places.

SECTION 4 - Relay Events:

There will be no relay events in the All Star Meet.

SECTION 5 - Scoring:

There will be no scoring of the All Star Meet

APPENDIX A: ORDER OF EVENTS

BOYS	Event	GIRLS
1	15-18 50 Free	2
3	13-14 50 Free	4
5	11-12 50 Free	6
7	9-10 25 Free	8
9	7-8 25 Free	10
11	6-Under 25 Free	12
13	15-18 100 IM	14
15	13-14 100 IM	16
17	11-12 100 IM	18
19	10 & Under 100 IM	20
21	15-18 50 Breast	22
23	13-14 50 Breast	24
25	11-12 50 Breast	26
27	9-10 25 Breast	28
29	8 & Under 25 Breast	30
31	13-older Co-ed 200 Medley Relay	31
32	12-younger Co-ed 200 Medley Relay	32
33	10-younger Co-ed 100 Medley Relay	33
34	8-younger Co-ed 100 Medley Relay	34
35	15-18 50 Back	36
37	13-14 50 Back	38
39	11-12 50 Back	40
41	9-10 25 Back	42
43	7-8 25 Back	44
45	6&Under 25 Back	46
47	15-18 100 Free	48
49	13-14 100 Free	50
51	11-12 100 Free	52
53	9-10 50 Free	54
55	8 & Under 50 Free	56
57	15-18 50 Fly	58
59	13-14 50 Fly	60
61	11-12 50 Fly	62
63	9-10 25 Fly	64
65	8&U 25 Fly	66
	Crescendo 200 Free Relay	
67	8&Under 25	68
	10 & Under 25	
	12 & Under 50	
	14 & Under 50	
	18 & Under 50	

APPENDIX B: DEFINITIONS

Division Champion - The team which scores the most points based on their place in the Divisional Meet and points won against other teams in their division in dual/tri meets during the regular season.

Divisional Meet Winner - The team which scores the most points in competition against other teams in their division at the Divisional Meet.

Eligible Swimmer - Individual may only swim for one FSSL team. Swimmer must NOT have reached their 19th birthday by June 1. Team must submit the registration fee to the FSSL prior to deadline set prior to the start of the season and have said swimmer listed as a swimmer on their team. Swimmer must have all information forms required by the team on file with the team rep.

Executive Committee - The Commissioners of each of the Divisions and the League Chair.

Exhibition Swim - A swimmer may participate in an event not as a competitor, but solely in order to acquire a time for that event. Exhibition swimmers are not awarded places, points or ribbons. Exhibition swims count towards the maximum number of events in which a swimmer may be entered. Exhibition swim also counts towards eligibility of swimming in a meet and times are recorded for eligibility for All Stars. A swimmer may swim in a meet solely as an Exhibition Swimmer. All Exhibition Swim entries MUST be submitted at the time of original submission of meet entry file by team.

FSSL Committee - A group composed of team representatives from all clubs in the FSSL.

Heat - When the number of swimmers in an event exceeds the number of available lanes, the swimmers are divided into smaller groups, called heats. Each heat remains a part of the original event, but, due to space limitations, will swim the race consecutively rather than simultaneously.

Ineligible Swimmer - Any of the following infractions will cause a swimmer to be ineligible and forfeit any points earned while ineligible: age, not registered, and/or swimming more than allowed events.

General and Parental Interference - Any act which will inhibit coaches, officials and swimmers from performing their duties during practice or a meet.

Official Start Date – The Saturday date established by the FSSL Board each year as the start of the season and the first Saturday a dual meet may be held.

Relay Carnival - This is an optional meet held on a mutually agreed upon Saturday during the regular season. All events will be relays. All teams are eligible to participate. Teams may enter one team in each event. There will be no individual scores or times. Ribbons will be awarded to the top six (6) teams in each event. Participation in the Relay Carnival counts towards required two regular meet participations required to participate in the Divisional Meet.

Scratch - To withdraw a swimmer from competition. Maximum number of scratches allowed per team per meet without penalty is five (5). A swimmer who is entered in a meet, but does not compete, is considered to be scratched, whether declared or not at the scratch meeting.

Warm Up - A 20 minute period of time in the pool, provided to the entire team preceding the meet. Coaches should direct their teams during warm up. Home teams warm up first, visiting

teams warm up second. If there are three teams, warm up times will be assigned and communicated to team reps by Monday of the week preceding the meet. All warm ups shall be in the competition pool with equal time for all teams competing. Any additional warm up pools allowed for access during warm ups MUST have backstroke flags.

Mock Meet - A computerized program that uses the current seasonal best times for each swimmer on each team (obtained from a Team Manager Export File of Best Times or, in the absence of Best Times Export, by Meet Results from individual meets available to IT from the current year competition). These times are imported into an empty Team Manager database and a Mock Meet is created using the event list and entry limits of a Divisional Meet. A Team Manager report to "Predict Meet Results" is created, as per instructions by the League Chair to the IT Chair at the League Meeting in the fall wrap-up. Currently, this is a round-robin dual mock meet with dual meet 5-3-1 scoring and standard 4 entry limits and swimmers aged up to June 1 of the next season (Team Manager 4, Reports, Performance, Predict Results with 4 events and "Include Relays" selected). Teams are ranked by total points scored by Team X minus points scored against Team X. This report is given to the League Chair and presented to the league in the fall to determine division alignments for the following season.