

Rappahannock Swim League Rules

03 June 2018

1. PURPOSE AND OVERVIEW.

Purpose

- 1.1. Provide the groundwork for a fair and equitable competition.
- 1.2. Help to eliminate confusion and disagreement.
- 1.3. Establish procedures for resolving disputes.

2. COMPETITOR ELIGIBILITY.

2.1. General Eligibility.

- 2.1.1. A competitor must be a member of the Team he/she swims for. All team dues and RSL, Inc. insurance requirements must be met prior to any competitor's participation in any meet or practice.
- 2.1.2. The age group in which a competitor swims will be determined by his/her age as of June 1st of the current swim year. A competitor turning 19 after the June 1st cutoff is eligible to swim the entire season.
- 2.1.3. A competitor may only swim for one RSL, Inc. team during any single swim season. Once a competitor is placed on the team roster and attends one practice or one meet he/she is considered a member of that team.
- 2.1.4. Competitors may sign up at any time during the swim season.
- 2.1.5. A competitor may not be a member of team affiliated with another summer swimming league.

2.2. Dual Meet Eligibility.

- 2.2.1. A competitor may participate in a maximum of three individual events and three relay events: **one freestyle relay, one medley relay, and one graduated relay.**
 - 2.2.1.1. A 6 & under competitor may be entered in only one 25 freestyle and backstroke event.
 - 2.2.1.2. If a competitor participates in more than the maximum number of individual events, that competitor will be disqualified from all individual events and each event will be re-scored accordingly.
 - 2.2.1.3. **If a competitor participates in more than the maximum number of relay events, that competitor will be disqualified from all relay events and each event will be re-scored accordingly.**
- 2.2.2. A competitor may swim in a higher age group. If he/she does, all individual events must be swum in that age group for that meet.
 - 2.2.2.1. The competitor may return to his/her traditional age group for any relay events.
 - 2.2.2.2. A competitor may "swim-up" in a relay event only if no other competitor from that age group is available.

3. SEASON.

- 3.1. No RSL, Inc. team may hold organized practices before the Saturday of the Memorial Day weekend.
- 3.2. The Swim season shall last for ten weeks, ending with a Championship meet.

4. RSL SWIMMING RECORDS AND LEAGUE AWARDS.

- 4.1. RSL, Inc. records may be set in any meet sponsored by the League. For a time to be Official the following requirements must be met:
 - 4.1.1. The meet must occur in a 25 yard or meter pool.
 - 4.1.2. Three official times must be recorded.
 - 4.1.3. The record swim must be swum in competitor's official age group.
- 4.2. An award will be given to the individual who breaks an RSL, Inc. record.
- 4.3. An award will be given to each Division Champion.

Rappahannock Swim League Rules

03 June 2018

- 4.3.1. The Division Champion is based on the division won-loss record.
- 4.3.2. The winner of the head-to-head competition between teams will break ties.
- 4.3.3. If still tied after section 4.3.2, the point spread between team's head-to-head competitions will be used. The team with the highest point differential will be the Division Champion.
- 4.3.4. If still tied after section 4.3.3, the team who scores the most points during the dual meet season will be the Division Champion.
- 4.3.5. If still tied, no Division Champion will be declared.
- 4.4. An award will be given to each division's Championship Meet winner.

5. GENERAL COMPETITION RULES AND CONDUCT.

- 5.1. Current USS Rules and Regulations shall apply with the following exceptions.
 - 5.1.1. The backstroke turn will be judged using the current Virginia High School League Rules and Regulations (NFHS Swimming and Diving and Water Polo Rules Book, Rule 8, Section 2, Article 1f). The turn requires that some part of the swimmer's body contact the end wall. After the swimmer's head has passed the backstroke flag, prior to the turn, the swimmer's upper shoulder may (but is not required to) rotate past the vertical toward the breast before the touch is completed; providing such rotation is accompanied by an initiation of the turning action or continuation into the wall. The initiation of the turning action shall be accomplished by a single-arm or simultaneous double-arm pull, or in the absence of such pulls, by a downward, underwater movement of the head. After initiation of the turning action, no additional arm pulls may be started; however, kicking and gliding actions are permitted. The swimmer shall assume a position on the back before the feet leave the wall.
 - 5.1.2. Any swimmer (not the field) charged with two false starts in an event must be disqualified from the event.
 - 5.1.3. In relay races involving in-water starts, the in-water swimmer shall maintain contact with the end of the pool as follows: 1) at least one hand shall be in contact with the end of the pool; and 2) that hand shall be above the waterline.
- 5.2. Swimmers shall not be permitted to compete in attire (suits and caps) which includes the name or logo of any team other than the RSL team for which they are competing.
 - 5.2.1 Swimmers may be allowed to wear a shirt and/or shorts over their swimwear for modesty purposes. It is the coach's responsibility to notify the Referee of a swimmer who wishes to compete under this rule. The coach shall **notify the home team** to make a notation on the swimmer **lane timer sheet** for each event. The referee will report the names of the swimmer(s) on the scoring report. These swimmers will be required to swim in the same attire for the Championship Meet.
- 5.3. Spectators and competitors shall be controlled and placed so as not to interfere with the Officials or the competition area.
- 5.4. Once the starter for an event has positioned a competitor he/she may not receive additional coaching.
- 5.5. Coaches will caution competitors to avoid such conduct as:
 - 5.5.1. Deliberate false starts to "psych" other competitors.
 - 5.5.1.1. Entering the pool before the preceding event has completely ended.
 - 5.5.1.2. Cheering or crowding the pool in such a way as to hinder the judges and timers from performing their duties.
- 5.6. Judges and timers will avoid cheering for competitors in order to concentrate on their duties.
- 5.7. A running score shall be announced as soon as possible after the completion of each stroke and relay events. The referee can ask that this practice be suspended for sportsmanship reasons.
- 5.8. Any person who acts in an unsportsmanlike manner (including, but not limited to, profanity or abusive language) may be considered for disciplinary action at the discretion of the meet referee.
- 5.9. No alcoholic beverages or smoking will be permitted on the pool deck or in any other area used by competitors.

Rappahannock Swim League Rules

03 June 2018

- 5.10. With the exception of law enforcement personnel, no firearms, whether concealed or not, will be permitted on the pool deck or in any other area used by competitors.
- 5.11. It is not the purpose of the Rappahannock Swim League Inc. rules contained herein to set standards of care for the safety of the competitor. The competitor and the community pool organization should address safety considerations wherever the meet is held.
- 5.12. Each team in a dual meet competition or at the Championship meet shall have at least one member of the coaching staff at the venue and available at all times.
- 5.13. Rules clarification or interpretation requests shall be made via email to Rules@RSLSwimming.com at least 72 hours prior to the start of the next meet affected by the request. The request will automatically be forwarded to both the RSL President and Rules & By-Laws Committee Chair for consideration.
 - 5.13.1. The RSL President and Rules & By-Laws Committee Chair shall provide an interpretation no later than 24 hours prior to the start of the next meet affected by the request/ruling.
 - 5.13.2. The RSL President or Rules & By-Laws Committee Chair shall notify via email the RSL Representatives, using the email addresses on record for the season, the interpretation that shall be in effect for meets for the remainder of the season, including Divisional Championship Meets.
- 5.14. Coaches are responsible for complying with the rules and proper conduct. Proper conduct includes not engaging in conduct that may result in unnecessary delays, may be perceived as unsportsmanlike in nature or acting in a way that is not consistent with being a role model to the competitors. Conduct violations shall be determined by the meet referee. The coach and team RSL Representative shall be notified of the violation and any on site conduct penalty upon violation determination at the meet. The RSL President shall be notified of the violation within 48 hours of the completion of the meet.
- 5.15. Each team will be provided equal warm-up time prior to the start of the meet.

6. MEET EQUIPMENT.

6.1. Home Team Equipment.

- 6.1.1. Public Address System or equivalent (Bull Horn).
- 6.1.2. Starting device. (in order of preference)
 - 6.1.2.1. Electronic starting system.
 - 6.1.2.2. Air horn.
 - 6.1.2.3. Whistle.
- 6.1.3. Starting Blocks.
 - 6.1.3.1. Starting blocks shall be used only in the end of the course where the depth is a minimum of four feet. Blocks may only be used on one end of the pool for any event.
- 6.1.4. Lane ropes.
- 6.1.5. Lane designators.
 - 6.1.5.1. Lanes will be numbered 1-6 (based on facility) from right to left as you view the course from the starting end of the pool.
- 6.1.6. False start rope (optional).
- 6.1.7. Stopwatches as listed below for the number of legal lanes in the pool. Watches must record a time to at least the hundredth of a second.
 - 6.1.7.1. Eight lane pool = 16 watches
 - 6.1.7.2. Six lane pool = 13 watches
 - 6.1.7.3. Five lane pool = 11 watches
 - 6.1.7.4. Four lane pool = 10 watches
- 6.1.8. Table, chairs and pencils for scorekeepers and for the clerk of the course.
- 6.1.9. Disqualification slips/Relay Take-off slips.
- 6.1.10. Calculator.
- 6.1.11. Lanes shall be a minimum of five feet in width, separated by ropes. All lanes should be clear of obstructions and preferably marked with a black line on the bottom of each lane.

Rappahannock Swim League Rules

03 June 2018

- 6.1.12. Backstroke surface markers, positioned 15 meters or 16.4 yards from each end of every lane.
- 6.1.13. Backstroke overhead flags, positioned 5 meters or 15 feet from each end of every lane.
- 6.1.14. Computer and printer.

6.2. Visiting Team Equipment.

- 6.2.1. A minimum of 14 stopwatches, of which several will be extra reserve.
- 6.2.2. Starting system for back-up and medley relays.

7. DUAL MEET DETAILS.

7.1. Individual Events (boys and girls).

- 7.1.1. 6 & under (Freestyle and Backstroke)
- 7.1.2. 8 & under (Butterfly, Backstroke, Breaststroke and Freestyle)
- 7.1.3. 9-10 (Butterfly, Backstroke, Breaststroke and Freestyle)
- 7.1.4. 11-12 (Butterfly, Backstroke, Breaststroke and Freestyle)
- 7.1.5. 13-14 (Butterfly, Backstroke, Breaststroke and Freestyle)
- 7.1.6. 15-18 (Butterfly, Backstroke, Breaststroke and Freestyle)
- 7.1.7. Junior 100, competitors 12 & under (Freestyle and Individual Medley)
- 7.1.8. Senior 100, competitors 13 & over (Freestyle and Individual Medley)

7.2. Relay Events.

- 7.2.1. Junior 100, competitors 12 & under (Medley)
- 7.2.2. Senior 100, competitors 13 & over (Medley)
 - 7.2.2.1. The Senior Medley Relays shall include at least one competitor from each of the 13-14 and 15-18 age groups.
 - 7.2.2.2. Relays prior to the Senior Medley Relays for the 13-14 and 15-18 age groups are to be seeded to assure compliance of 7.2.2.1 for proper inclusion of at least one competitor from each of the 13-14 and 15-18 age groups.
- 7.2.3. Graduated 125 (Freestyle)
 - 7.2.3.1. The Graduated relay events shall consist of one swimmer from the following age groups: 8 & under, 9-10, 11-12, 13-14 and 15-18.
 - 7.2.3.2. Competitors shall swim the Graduated relay in age order, youngest to oldest.

7.3. Event Numbers and Distance.

- 7.3.1. Event Numbers: Girls=odd numbers, Boys=even numbers
 - 7.3.1.1. 1-2 Junior 100 Freestyle
 - 7.3.1.2. 3-4 Senior 100 Freestyle
 - 7.3.1.3. 5-14 Age Group Freestyle Relays
 - 7.3.1.4. 15-26 Freestyle
 - 7.3.1.5. 27-36 Butterfly
 - 7.3.1.6. 37-48 Backstroke
 - 7.3.1.7. 49-58 Breaststroke
 - 7.3.1.8. 59-60 Junior 100 Individual Medley
 - 7.3.1.9. 61-62 Senior 100 Individual Medley
 - 7.3.1.10. 63-64 Junior 100 Medley Relay
 - 7.3.1.11. 65-66 Senior 100 Medley Relay
 - 7.3.1.12. 67-68 Graduated 125 Freestyle Relay
- 7.3.2. Distance for individual events
 - 7.3.2.1. 10 & under events = 1 length
 - 7.3.2.2. 11-18 events = 2 lengths
 - 7.3.2.3. Individual Medley = 1 length of each stroke
 - 7.3.2.4. 100 Freestyle = 4 lengths

Rappahannock Swim League Rules

03 June 2018

7.3.3. Distance for Relay events

- 7.3.3.1. Age group Freestyle = 4 lengths, one length per competitor, beginning from the start end of the pool, with swimmers 2 and 4 starting in the water on turning end of the pool
- 7.3.3.2. Medley = 4 lengths, one length per competitor, beginning from turning end of the pool, with swimmer 3 starting in the water on turning end of the pool
- 7.3.3.3. Graduated = 5 lengths, one length per competitor, beginning from the start end of the pool, with swimmers 2 (9-10 competitor) and 4 (13-14 competitor) starting in the water on turning end of the pool

7.4. **Entry Limitations for Dual Meets.**

7.4.1. Each team may enter the following number of Competitors per event:

- 7.4.1.1. Unlimited competitors in 25 and 50 Freestyle events.
- 7.4.1.2. The number of legal lanes in the competing pool will determine all other individual event entries.
 - 7.4.1.2.1. 6 or 8 lane pool- 6 swimmers per event
 - 7.4.1.2.2. 5 lane pool- 5 to 6 swimmers per event
 - 7.4.1.2.2.1 For individual age group strokes (backstroke, breaststroke, and butterfly), 6 swimmers may be entered with a maximum of 3 heats
 - 7.4.1.2.2.2 For junior and senior individual events, 5 swimmers per event.
 - 7.4.1.2.3. 4 lane pool- 4 to 6 swimmers per event
 - 7.4.1.2.3.1. For individual age group strokes (backstroke, breaststroke, and butterfly), 6 swimmers may be entered with a maximum of 3 heats
 - 7.4.1.2.3.2 For junior and senior individual events, 4 swimmers per event.

7.4.1.3. Two relay teams per event.

7.5. **Event Planners, Entries, Computer Seeding, and Additions/Substitutions.**

7.5.1. **Event Planners.**

- 7.5.1.1. Event Planner sheets shall be supplied to each team. This form will provide space for:
 - 7.5.1.1.1. Names of the competitors on a team participating in a dual meet by age group (boys and girls separate) and all possible event entries
 - 7.5.1.1.2. Events for which each competitor is entered shall be checked off by that competitor's name.
- 7.5.1.2. Competitors swimming in an older age group shall have their names **highlighted**.
- 7.5.1.3. The Event Planner will be used in the event of a protest to determine the competitor's scheduled events, and or any other discrepancies.
- 7.5.1.4 Event Planners must be turned in to the Scorekeeper (**duplicate copy of emailed file**) and the Clerk of the Course (copy)-60 minutes prior to the scheduled start of the meet.

7.5.2. **Entries.**

- 7.5.2.1.1. **Entries** for individual events **will be completed using an RSL approved software and must have:**
 - 7.5.2.1.1.1. Competitor's first name, last name, middle initial and age as of June 1st.
 - 7.5.2.1.1.2. Team abbreviation.
 - 7.5.2.1.1.3. Event number, distance and stroke.
 - 7.5.2.1.1.4. **Competitor's fastest time for the individual event from the current season, if it has been established.**
 - 7.5.2.1.1.4.1 **If no official RSL time exists, coaches manually enter a time to ensure proper seeding order**
 - 7.5.2.1.1.4.2 **If No Time is listed, swimmers will be seeded at random in the slowest heats**
 - 7.5.2.1.1.4.3 **Times recorded in a DQ'd event are not official times**
 - 7.5.2.1.1.5. Exhibition competitors, if entered, **must be marked by selecting the "Exhibition" (or "non-scorer") parameter in the meet entry software**

Rappahannock Swim League Rules

03 June 2018

- 7.5.2.2. The Team Data Entry File with all required and available data will be exported with the swimmer entries. Available data is defined as data accumulated during the current swim season. Failure to provide the required data will result in improper seeding of meet.
- 7.5.2.2.1 Team representatives will email the Team Data Entry File as well as a non-editable version of the event planner to the designated RSL Entries account by 6PM the night before the meet.
 - 7.5.2.2.1.1 If either team has failed to submit their entries by 6pm, an email stating which team is delinquent shall be sent to the RSL President.
 - 7.5.2.2.1.2 Failure to provide entries by the 6pm deadline may result in a \$50 fine by the RSL to the offending team
 - 7.5.2.2.2 Requests for lane assignments due to special needs swimmers should be included in the email as well as in which events that swimmer is entered.
 - 7.5.2.2.3 Once the entry file has been sent, it is considered official and no additions or substitutions can be made unless it qualifies under 7.5.4
 - 7.5.2.2.4 For each scheduled meet, the moderator of the RSL Entries Account will send a single email to both home and away team representatives with each team's event planners, entry files, and special lane assignment requests.
- 7.5.2.3. For relays, Entry Cards for events 5-14 (Freestyle relays) and events 63-68 (remaining relays) shall be printed by each team and submitted to the timers on each lane prior to the start of these events. Teams will be responsible for getting their own competitors to the correct lanes on time for these relays
- 7.5.2.3.1 While substitutions within a relay may be made up until the start of the relay event, additional relay teams may not be assembled for points if they were not previously identified in the Event Planner
 - 7.5.2.3.2 Coaches should refer to Meet Program for the correct lane assignment for relays
- 7.5.3 Computer Seeding**
- 7.5.3.1 The Home team is responsible for computer seeding the meet in accordance with the following seeding guidelines:
 - 7.5.3.1.1 The 1st heat contains the slowest swimmers
 - 7.5.3.1.2 Heats will progress slowest to fastest; first to last, respectively
 - 7.5.3.1.3 Lane assignments shall be as follows:
 - 7.5.3.1.3.1 In 4,6, or 8 lane pools, the home team will use odd lanes and the away team will use even lanes.
 - 7.5.3.1.3.2 In 5 lane pools, the home team will use lane 1 and 3, the away team uses 2 and 4, and the teams alternate using lane 5 with the home team using lane 5 first.
 - 7.5.3.1.3.3 These lane assignments may be superseded to accommodate any swimmer's special needs.
 - 7.5.3.1.4 For efficiency, events may be combined with approval from the Head Referee and with concurrence from team coaches. Combined events should be noted on Meet Program.
 - 7.5.3.2 The Home Team will provide a copy of the meet program for review by both teams 60 minutes prior to the start of the meet. If computer seeding has occurred prior to this deadline, an advance copy of the meet program may be provided to both teams.

Rappahannock Swim League Rules

03 June 2018

- 7.5.3.2.1 Teams should make every effort to review the meet program for errors and omissions prior to the start of the meet and report those changes to the Scorekeeper.
- 7.5.3.2.2 Corrections can only be made in the meet software if the discrepancy is verified to ensure the swimmer is listed in that event on the Event Planner submitted electronically but is not included on the Team Data Entry File
- 7.5.3.2.3 Team Coaches must provide a list of known scratches to the Scorekeeper and to the Clerk of the Course 30 minutes prior to the start of the meet. If a swimmer is expected to arrive, but is running late, that competitor is not considered to be a scratch.
- 7.5.3.2.4 After making any necessary corrections based on 7.5.3.2.2 and 7.5.3.2.3, the home team will print the official meet program from meet software and deliver them to coaches and meet officials. Any combined events should be noted on the meet program. Suggestions for the distribution of the meet program is as follows:

Referee	2
Stroke and Turn Judges	4
Starter	1
Clerk of Course	3
Scorekeeper	1
Home Team Coaches	3
Away Team Coaches	3

7.5.4. Additions/Substitutions.

7.5.4.1. Once the Event Planner and Team Data Entry File have been electronically submitted, no changes can be made to any event unless specified below:

- 7.5.4.1.1 In the event of empty lanes, or scratches from original meet entries, lanes may be filled by relays or swimmers that have not exceeded event eligibility on exhibition bases. Exhibition swimmers will be allowed to swim on a no score bases, but their time will count towards eligibility in the championship meet.
 - 7.5.4.1.1.1 All modifications require the permission of the Head Referee
 - 7.5.4.1.1.1.1 If this change occurs more than 30 minutes prior to the start of the meet, the Scorekeeper shall be notified so that it can be reflected in the official meet program
 - 7.5.4.1.1.1.2 Changes which occur after the official meet program and lane timer sheets have been printed should be referred to Clerk of Course
 - 7.5.4.1.1.1.3 Heats will not be added to accommodate exhibition swimmers or relays.
 - 7.5.4.1.1.2 If lane timer sheets have already been printed, exhibition swimmers can be added directly to the lane timer sheets by writing the competitors first name, last name, middle initial, age as of June 1st, and team abbreviation, and “EXH”
 - 7.5.4.1.1.3 Care should be taken to inform all coaches, judges, timers, and scorers of the entry of these exhibition competitors. No Freestyle exhibitions will be allowed
 - 7.5.4.1.1.4 If a competitor’s exhibition swim causes his/her entries to exceed the maximum number allowed, rule 2.2.1.2 and 2.2.1.3 still apply.
- 7.5.4.1.2. Substitutions may be made among relay competitors up to the start of the relay event in which that competitor is participating. These changes must be submitted in writing on the event card and to the event planner located with the

Rappahannock Swim League Rules

03 June 2018

scorekeeper.

7.5.3.1.3 Substitutions are not permitted for individual events.

- 7.5.4.2. If a meet is resumed on a different date after it has been suspended, and a competitor is unable to attend the resumed meet, **a new competitor may fill his/her space**. However, a competitor already entered into 3 individual events cannot change events to fill any empty lanes resulting from the resumed meet. A competitor not originally entered in the resumed meet may compete in the resumed meet in events that are not filled or that have absent swimmers due to the meet resuming on a different date.
- 7.5.4.3. Rescheduled meets that are a result of a complete meet postponement in accordance with rule 8.6.2 may be reseeded as a new meet.
- 7.5.4.3.1. A competitor not originally entered in the rescheduled meet may compete in the rescheduled meet in accordance with Rule 7. Dual Meet Details.
- 7.5.4.3.2. The Event Planner properly submitted in accordance with rule 7.5.2 for a meet rescheduled in accordance with rule 8.6.2 supersedes the Event Planner submitted for the fully postponed meet.

8. DUAL MEET SCORING AND POSTPONEMENTS.

- 8.1. The meet runner shall present the **lane timer sheets or relay entry cards** with recorded times to the scoring table.
- 8.2. After the scorer has received all the **lane timer sheets or relay entry cards** from an event, they are processed in accordance with 10.11.2 and 10.11.3. The official times will then be entered in the league provided scoring software. The fastest time shall receive first place, the second fastest time shall receive second place, the third fastest time shall receive third place and so on.
- 8.3. For all individual events, teams may receive awards for 1st, 2nd or 3rd places for that event. However, a team that sweeps an event will only receive points for the first two places. The third-place point will not be awarded.
- 8.4. **Points will be awarded as follows:**
- 8.4.1. **Individual events-** (6& under freestyle and backstroke events do not receive points)
- 8.4.1.1. First place- 5 points
- 8.4.1.2. Second place- 3 points
- 8.4.1.3. Third place- 1 point (except as noted in section 8.3)
- 8.4.2. **Relay events.**
- 8.4.2.1. First place- 5 points.
- 8.4.2.2. All other places- no points awarded.
- 8.5. **Dual meet competitor awards.**
- 8.5.1. Awards will be given for competitors who finish in 1st-6th place per individual event. This includes the 6& under event though no points are awarded.
- 8.5.2. Awards will be given to all competitors on the 1st and 2nd and 3rd place relay teams per relay event.
- 8.6. **Rain delays/ postponements.**
- 8.6.1. Before the start of the season, each RSL team shall provide a rain date for each of their home meets. These rain dates need to be scheduled in a timely fashion to conform to the requirements of the “seeding party”.
- 8.6.2. Prior to the official start of the meet, the RSL representatives for the competing teams may agree to reschedule the meet due to adverse weather conditions.
- 8.6.3. By mutual consent of the two RSL representatives a meet may be suspended due to inclement weather once the meet has officially started. If the Representatives cannot agree, the Referee will be the deciding authority. In the event of lightning a minimum delay of 20 Minutes is required (home team regulations, if longer, will apply). Each succeeding sighting of

Rappahannock Swim League Rules

03 June 2018

lightning requires an additional minimum delay of 20 minutes. In cooperation with the home pool the referee may determine when the teams can reenter the water and continue the meet.

- 8.6.4. Once a meet is suspended due to adverse weather conditions, the meet can be rescheduled once cumulative weather delays exceed one (1) hour. Such a decision should not be made prior to 7:30pm. A suspended meet cannot be continued after 10:00pm, unless each team's RSL Representative agrees.
- 8.6.5. Any rescheduled or resumed meet must take place prior to "seeding party" deadline.
- 8.6.6. If a meet must be rescheduled due to inclement weather, the rain date provided by the home team shall be the date utilized for the meet. A resumed suspended meet shall continue at the point the meet was suspended.
- 8.6.6.1 Team representatives will determine a mutually agreeable time and method for the exchange of updated data entries files and event planners
- 8.6.6.2 If a compromise cannot be reached, updated entries and event planners will be due at the host pool 90 minutes prior to the start of the rescheduled meet.
- 8.6.7. If a meet cannot be completed on either the scheduled date or the rain date, the RSL Representatives may mutually consent to reschedule the meet on another date. If an agreement cannot be reached for rescheduling a meet, the home team RSL Representative shall submit a written report to the Board detailing the reasons the meet cannot be completed.
- 8.6.8. The results of a meet that cannot be completed under the steps detailed in the above sections shall be scored as follows:
- 8.6.8.1. If 48 events have been completed at the time of the meet's suspension, the meet score as of the last fully completed event will determine the winner.
- 8.6.8.2. If less than 48 events have been completed in a meet that cannot be continued, no winner or loser will be declared. Any completed events will be eligible for use in qualifying for the Championship Meet and for RSL, Inc. league records.

9. PERSONNEL REQUIRED.

For all dual meets, the home and the visiting teams shall provide the following Officials:

<u>Official's Title</u>	<u>Home Team</u>	<u>Visiting Team</u>
Referee	1	0
Starter	1	0
Stroke & Turn Judge	2	2
Clerk of the Course	2	2
Scorer	3	3
Head Timer	1	0
Lane Timer (see below)	9	9
Awards Clerk	1	1
Announcer	1	0
Runner	1	0
Safety Marshall	1	1

These numbers are to be viewed as the minimum number of necessary officials.

-When 8 lanes are used, 12 timers from each team.

-When 6 lanes are used, 9 timers from each team.

-When 5 lanes are used, 7 timers from the home team and 8 timers from the visiting team.

Rappahannock Swim League Rules

03 June 2018

-When 4 lanes are used, 6 timers from each team.

10. DUTIES OF OFFICIALS.

- 10.1. Starters, Clerks of the Course, Scorers, and Head Timers must participate in approved training as defined by the RSL once every two years.
 - 10.1.1. Any Starter, Clerk of the Course, Scorer, or Head Timer certified under another swimming program for the current year who will not be attending an RSL clinic must provide proof of certification and obtain a waiver from the chairperson of the officials committee before being allowed to officiate for the RSL for the season.
- 10.2. Referees and Stroke & Turn Judges must participate in approved training as defined by the RSL every year.
 - 10.2.1 Referees must attend an RSL sponsored clinic every year.
 - 10.2.2. Any Referee certified under another swimming program for the current year who will not be attending an RSL clinic must provide proof of certification and obtain a waiver from the chairperson of the officials committee before being allowed to referee for the RSL for the season.
 - 10.2.3 First time Stroke & Turn Judges must complete training at StrokeandTurn.com and submit their certificate of completion as well as attend an RSL sponsored clinic.
 - 10.2.4 Returning Stroke & Turn Judges must attend an RSL sponsored clinic the second year of certification and every two years thereafter.
 - 10.2.5 Returning Stroke & Turn Judges may complete training either at StrokeandTurn.com or attend an RSL sponsored clinic the third year of certification and every two years thereafter. Judges must submit their Certificate of completion on the years that they do not attend an RSL sponsored clinic.
 - 10.2.6. Any Stroke & Turn Judge certified under another swimming program for the current year who will not be attending an RSL clinic must provide proof of certification and obtain a waiver from the chairperson of the officials committee before being allowed to serve as a Stroke & Turn Judge for the RSL for the season.
- 10.3. All attendees at such clinics will receive written certification to verify participation.
- 10.4. **Referee.** The Referee shall:
 - 10.4.1. Have full authority over all officials and shall assign and instruct them prior and during the meet. The Referee shall have authority to decide any questions relating to the actual conduct of the meet, unless otherwise specified by RSL rules.
 - 10.4.1.1. The Referee may appoint another RSL certified Referee to assist in adjudicating disqualifications as an Administrative Referee. However, the Referee retains the final decision on any disqualifications or other actions of the Administrative Referee.
 - 10.4.2. Control the flow of each heat as follows:
 - 10.4.2.1. At the commencement of each heat, the Referee shall signal to the swimmers by a series of short whistles to remove all clothing except for swimwear and be ready to swim.
 - 10.4.2.2. Forward Starts
 - 10.4.2.2.1 When the pool is clear and ready for competition with Stroke & Turn Judges in position, the Referee shall signal with a single, long whistle indicating that the swimmers should take and maintain their positions on the starting platform, the deck, or in the water.
 - 10.4.2.3. Backstroke Starts
 - 10.4.2.3.1 When the pool is clear and ready for competition with Stroke & Turn Judges in position, the Referee shall signal with the first of two long whistles indicating that the swimmers should step into the water.

Rappahannock Swim League Rules

03 June 2018

- 10.4.2.3.2 When all swimmers have surfaced, the Referee shall signal with the second of two long whistles indicating that the swimmers should return to the wall and assume their starting positions.
- 10.4.2.4. When the swimmers and officials are ready, the Referee shall signal with an outstretched arm to the Starter that the swimmers are now under the Starter's control until the start has been achieved.
 - 10.4.2.4.1 The Referee shall keep the arm outstretched until the start has been achieved.
 - 10.4.2.4.2 The Referee shall retract the outstretched arm to abort the start.
- 10.4.3. Determine the final decision on any point where the opinions of any other official differ.
- 10.4.4. Sign off on all Disqualification slips (DQ) ensuring each is properly filled out as described in section 10.6.3. If in the opinion of the Referee, the DQ is not valid for any reason, then the Referee shall overrule the decision of the signatory official.
 - 10.4.4.1 In the event the lane timer card has been updated with a name that does not match the official meet program, the Referee will verify the lane timer card and the DQ slip should be rewritten to reflect the change.
 - 10.4.4.1.1 The runner will bring any handwritten changes to lane timer cards to the referee for review
 - 10.4.4.1.2 Referees should note any corrections on their Meet Program
 - 10.4.4.2. Ensure the timely delivery of all valid DQs to the Scorekeeper.
 - 10.4.4.3. Ensure the timely delivery of each valid DQ to the offending athlete's coach(es).
- 10.4.5. Prohibit the use of any bell, siren, horn or any other artificial noisemaking device, if in his/her opinion it is interfering with the course of the meet.
- 10.4.6. Disqualify any competitor for any personally observed rules violation.
- 10.4.7. Have the authority to interpose in a competition at any stage after the start of the meet to ensure competitive racing conditions and rules are observed.
- 10.4.8. Sign the score sheet at the conclusion of the meet.
- 10.5. **Starter.** The Starter shall:
 - 10.5.1. Be supplied with an approved starting device as specified in RSL rule 6.1.2.
 - 10.5.2. Take a position within 10 feet of the starting edge of the pool, in a position so as to provide all timers with an unobstructed view of the starting device.
 - 10.5.3. With clearance from the Referee as described below, control the competitors until a fair start has been achieved.
 - 10.5.4 After the Referee's series of short whistles signaling the commencement of the heat, announce the EVENT NUMBER, HEAT NUMBER, BOYS/GIRLS, DISTANCE and STROKE. Wait for the Referee's long whistle.
 - 10.5.4.1 Forward Starts:
 - 10.5.4.1.1 After the Referee's long whistle, direct the competitors by saying "STEP UP."
 - 10.5.4.2 Backward Starts: For backward starts (Backstroke and Medley Relay), the Competitors must assume a starting position with the swimmer in the water facing the starting edge of the pool. The competitor's hands must be located on the pool deck, starting grips, or pool lip. Curling toes over any gutter, above or below the water, prior to and during any of these starts is not permitted.
 - 10.5.4.2.1 After the Referee's first long whistle, direct the competitors by saying "STEP IN." Wait for the Referee's second long whistle.
 - 10.5.4.3 Wait for the Referee to place the competitors under the Starter's control.
 - 10.5.5. After the Referee signals via an outstretched arm that the swimmers are now under the Starter's control until a fair start has been achieved, perform the following:
 - 10.5.5.1 Direct the competitors by saying "TAKE YOUR MARK."
 - 10.5.5.2 Sufficient time should follow this command to enable all competitors to assume a starting position.
 - 10.5.5.3 All competitors must assume a stationary position prior to the use of the starting device.

Rappahannock Swim League Rules

03 June 2018

10.5.5.4 Activate the starting device.

10.5.5.5 Stop immediately any time the Referee retracts his outstretched arm.

10.5.6. With the concurrence of the Referee, adapt any starting procedure to accommodate a handicapped competitor.

10.5.7. With the concurrence of the Referee, disqualify competitors for delaying the start by entering the water while assuming a starting position, or for willfully disobeying an order on the start, or for any other misconduct observed while in the starting area.

10.5.8. If in the Starter's opinion a false start has been committed, (see current USS Rules and Regulations regarding the description of a false start) the Starter shall immediately recall the swimmers using the starting device again and/or a recall rope (if available).

10.5.9. Any competitor charged with two false starts in one event, will be disqualified from that event. False starts charged to the entire field do not count towards a competitor's count.

10.6. **Stroke & Turn Judge.** The Stroke and Turn Judge shall:

10.6.1. Observe the competitors in his/her assigned area to ensure all applicable rules pertaining to the stroke being swum are performed.

10.6.2. Upon sighting a violation, immediately raise a hand to signal the infraction.

10.6.3. The Stroke and Turn Judge will then fill out a DQ slip and will present it to the Referee for concurrence. The DQ slips must include the following information:

10.6.3.1. Event Number

10.6.3.2. Heat Number

10.6.3.3. Lane Number

10.6.3.4. Team

10.6.3.5. Competitor's Name

10.6.3.6. Rule Violation Observed

10.6.3.7. Observing Official's Printed Name

10.6.3.8. Dual Confirmation for Relay False Starts (Separate Slip)

10.6.4. In so far as possible, every effort should be made to explain to the competitor's coach the reason(s) for the competitor's disqualification.

10.7. **Place Judges.**

10.7.1. Place judges will not be used; the order of finish for an event will be decided by **lane timer sheets or relay entry cards** only.

10.8. **Relay Take-off Judges.**

10.8.1. There shall be 2 judges positioned at each end of the pool for relay events.

10.8.1.1. Judges shall be positioned on opposite sides of the pool within 2 feet of the end of the pool.

10.8.1.2. Each team shall provide 2 Judges (Certified Referee or Stroke and Turn Judge or Starter). Judges will pair; one from each team and the Referee shall position them as described in section 10.8.1.1.

10.8.2. Judges shall ensure the competitor starting does so after the competitor in the water touches the end of the pool. The competitor may be in motion when the touch is made. No false start shall be called as long as some part of the starting competitor is still in contact with the starting block or the edge of the pool. In the case of an in-water start, contact must be in accordance with 5.1.3.

10.8.3. Both Take-off Judges (Dual Confirmation) need to confirm a false start for a violation to have occurred using the "eyeball system".

10.9. **Head Timer.** The Head Timer shall:

10.9.1. Prior to the start of the meet he/she shall group and instruct the timers on their responsibility and procedures for timing. This meeting should also include a test to verify the accuracy of all watches to be used.

10.9.2. Assign 3 timers to each lane.

10.9.3. Designate one of these timers as the official recorder for that lane.

Rappahannock Swim League Rules

03 June 2018

- 10.9.4. Signal the Referee that all timers are ready to proceed with the next heat.
- 10.9.5. Be responsible for delivering to the scorers, via the runner, all official **lane timer sheets or relay entry cards** as completed by the lane recorder. This is to include those of any disqualified swimmer **or relay team**.
- 10.9.6. Shall start his/her watch(es) on every race. The Head Timer's watch shall be used in the event of a failure for any reason of an official lane timer's watch.
- 10.10. **Lane Timers.** The Lane Timers shall:
- 10.10.1. Perform their duties in the lane assigned to them by the Head Timer.
- 10.10.2. Look at the starting device after the Referee gives control of the competitors to the Starter. Upon sighting the flash from the starting device they should start their watch. The only time sound should be used to start a watch is when the starting device does not have a visual signal.
- 10.10.3. Stop their watch immediately when any part of the competitor's body touches the pool or course.
- 10.10.4. Promptly report the time listed on their watch to the lane recorder and if asked, present the watch for inspection.
- 10.10.4.1 In event of a stopwatch malfunction: Record "NT" for no time
- 10.10.4.2 In the event of a no show: Record "NS" for no swim
- 10.10.4.3 In the event a swimmer did not complete the race: Record "DNF"
- 10.10.5. Not clear any time from their stopwatch until after all times (from their respective lane) have been recorded on the **lane timer sheets or relay entry cards**.
- 10.10.6 **Verify competitor's name is correct by asking competitor for their name**
- 10.10.6.1 **If the competitor's name does not match what is listed, the Lane Timer should note the correct name on the timer sheet**
- 10.10.6.1 **The Lane Timer should communicate the discrepancy to the runner**
- 10.10.6.2 **The runner will take the updated lane timer sheet to the Head Referee for review prior to taking it to the scorekeeper.**
- 10.10.6.2 **In the event of a DQ- the name written on the timer sheet should be used.**
- 10.11. **Scorekeepers.**
- 10.11.1. Each team will provide one trained head scorekeeper and at least two assistant scorekeepers.
- 10.11.1.1. The head scorekeepers will be jointly responsible for:
- 10.11.1.1.1. Overseeing the entire scorekeeping process.
- 10.11.1.1.2. Determining the official times as prescribed in section *10.11.2*.
- 10.11.1.1.3. Enter official times into league provided scoring software.
- 10.11.1.1.4. Determining and posting individual team scores and results.
- 10.11.1.1.5. Informing the clerk of the course of any entry changes and/or scratches.
- 10.11.1.1.6. Confirming record breaking **lane timer sheets or relay entry cards** have the required 3 recorded times.
- 10.11.1.1.7. Marking DQ and attach the DQ slip to **the lane timer sheet or relay entry card** where an infraction was recorded and countersigned by the referee.
- 10.11.1.1.7.1 **Verifying the name on the DQ slip matches the lane timer sheet or relay entry card**
- 10.11.1.1.7.2 **If the lane timer sheet or relay entry card does not match the name located on the DQ slip, the head scorekeeper will return the DQ slip to the Head Referee for adjudication**
- 10.11.1.1.8. Ensure that once the **lane timer sheets or relay entry cards** enter the scorekeeping area, they do not leave the custody of either the

Rappahannock Swim League Rules

03 June 2018

scorekeepers or the Referee until the final results are signed at the end of the meet.

- 10.11.1.2. The scorekeepers shall be assigned so that one person from each team assumes the position of scorer, recorder, and data checker. The head scorekeepers may take any positions they choose to ensure a smoothly functioning scorekeeping section.
 - 10.11.2. To determine the Official time for a competitor use the following:
 - 10.11.2.1. Three times listed on **the lane timer sheet or relay entry card**
 - 10.11.2.1.1. At least 2 times agree, that time is official.
 - 10.11.2.1.2. No times agree, the intermediate time is official.
 - 10.11.2.2. Two times or fewer listed on **the lane timer sheet or relay entry card**
 - 10.11.2.2.1. With 2 times the average time will be official.
 - 10.11.2.2.2. With 1 time, that shall be official.
 - 10.11.3. All official times will be circled on **the lane timer sheet or relay entry card**
 - 10.11.4. For any pool not conforming to a 25-yard or meter distance, the official time must be converted using the following conversion factors.
 - 10.11.4.1. 25-yard pool Yards to 25 meters = 1.11
 - 10.11.4.2. 20-yard pool Yards to 25 meters = 1.45
 - 10.11.4.3. 20-yard pool Yards to 25 yards = 1.28
 - 10.11.5. The recorders shall jointly be responsible for:
 - 10.11.5.1. Entering changes in event results at the direction of the Referee.
 - 10.11.5.2. Making corrections to either the score sheet or the software program in the event errors are detected.
 - 10.11.5.3. Producing the meet results.
 - 10.11.6. The Data Checkers shall be jointly responsible for:
 - 10.11.6.1. Determining the official order of finish in each event.
 - 10.11.6.2. Verifying **the lane timer sheets or relay entry cards** are correct.
 - 10.11.7. Dual meets will be scored using league provided software. The home team is responsible for the Hy-Tek Meet Manager set up **and computer seeding in accordance with section 7.5.3**, prior to the start of the meet. The visiting team is responsible for **bringing** a copy of its meet entries and a backup of their Hy-Tek Team Manager database. At the conclusion of the meet, the home team will provide the visiting team a backup of the **meet exported from** Hy-Tek Meet Manager and a print out of the meet results.
 - 10.11.8. At the conclusion of the swim meet, the home team is responsible for providing to the RSL record chairperson or their representative:
 - 10.11.8.1. A list of identified triple winners and/or RSL record breakers. The information should include competitor's name, event with description, gender of the competitor, type of pool (yards or meters), official time, and the team affiliation. This list shall be reviewed by the scorers and signed.
 - 10.11.8.2. All **the lane timer sheets and relay entry cards** including scratches, disqualified entry cards and DQ slips.
 - 10.11.8.3. Meet entry event planners from both teams.
 - 10.11.8.4. **An** export of Hy-Tek Meet Manager meet results
 - 10.11.9. At the conclusion of the swim meet, the home team is responsible for e-mailing a backup of the Meet Manager data, a PDF export of the meet results, and the spreadsheet containing information required in 10.11.8.1 to the RSL Data Coordinator, the Publicity Chair, and the Website Chair using the data@rslswimming.com email address.
 - 10.11.10. A Head Scorekeeper from each team and the Referee shall each sign the Official score sheet at the end of the meet. No changes to the final score will be allowed after that point, unless by official protest by the Team Representative.
- 10.12. **Clerk of the Course.**

Rappahannock Swim League Rules

03 June 2018

- 10.12.1 Each team will provide one trained Clerk of the Course and at least one assistant.
- 10.12.2. Be provided with an area clearly marked as “CLERK OF THE COURSE” where all competitors must report as soon as their event is called to report.
- 10.12.3 Stage swimmers based on Meet program in correct event, heat, and lane.
- 10.12.4 Direct or take swimmers to area behind the starting blocks to wait for their event to begin
- 10.12.5 In the case of empty lanes, exhibition swimmers may be added in accordance with 7.4.
- 10.12.6 Despite pre-meet planning and entry deadlines, last minute changes may have to be made by Clerk. If it is necessary to hand-seed a heat, the following guidelines apply for dual meets:

Lane	1	2	3	4	5	6	7	8
8 Lanes	Home 4	Away 3	Home 2	Away 1	Home 1	Away 2	Home 3	Away 4
6 Lanes	Home 3	Away 2	Home 1	Away 1	Home 2	Away 3	X	X
5 Lanes	Home 2	Away 1	Home 1	Away 2	Alt.	X	X	X
4 Lanes	Home 2	Away 1	Home 1	Away 2	X	X	X	X

- 10.12.6.1 Swimmers with the fastest times should be placed in the center of the pool.
- 10.12.6.2 Hand-seeding a heat should only be done with Head Referee approval
- 10.12.6.3 Changes made due to hand seeding must be written on lane timer sheets.
- 10.12.6.4 Heats and events may be combined using good judgement so as not to confuse officials or create hardships on swimmers.
 - 10.12.6.4.1 Heats and/or events should only be combined by the Clerk of Course in the interest of shortening the meet due to “no-shows”, etc
 - 10.12.6.4.2 It is only recommended to combined events of the same stroke and distance
 - 10.12.6.4.3 Combined Events require the approval of the Head Referee and concurrence from both coaches.
 - 10.12.6.4.4 Combined Heats only require Head Referee approval
 - 10.12.6.4.5 All changes need to be updated on the lane timer sheets

- 10.13. **Safety Marshall.** The Safety Marshall shall:
 - 10.13.1. Watch over warm-ups in addition to the team coaches.
 - 10.13.2. Ensure RSL safety measures are followed during team warm-ups.
 - 10.13.2.1. Ensure that while practicing strokes, all entries are made feet first into the water. Absolutely no dives or backstroke starts will be allowed.
 - 10.13.2.2. Ensure that while practicing starts, all starts are made from the block or the wall at the start end. Competitors will swim one length and exit the pool at the opposite end from which they started.
- 10.14. **Announcer.** The Announcer shall:
 - 10.14.1. Announce the following before the start of the meet:

“This meet is hosted and sponsored by the Rappahannock Swim League, Incorporated. All spectators, athletes and coaches are reminded the RSL is committed to the development of sportsmanship, teamwork, dedication and a love for the sport of swimming.”
 - 10.14.2. Announce on two other occasions the following:

“This meet is hosted and sponsored by the Rappahannock Swim League, Inc.”
 - 10.14.3. Announce a running score as given to him/her by the scorer, ensuring that such announcement does not interfere with the starter or any other official.

11. NON DUAL MEET DETAILS.

- 11.1. From time to time the RSL Board of Directors may add additional meets to the season. These

Rappahannock Swim League Rules

03 June 2018

specialty meets will have rules and details as voted on by the board.

12. CHAMPIONSHIP MEET DETAILS.

- 12.1. The RSL, Inc. Board of Directors will decide the Championship Meet site. The Divisions will decide the Championship format.
- 12.2. Championship meet qualifications.
 - 12.2.1. To participate in the championship meet, a 7 and older competitor must have participated in two dual meets. A 6 and under competitor must have participated in one dual meet.
 - 12.2.2. To participate on a relay, a competitor needs to qualify to participate in the meet.
 - 12.2.3. To qualify for an individual event, a competitor must have an official time for that event from the current dual meet season.
 - 12.2.3.1. The 6 & under freestyle and backstroke event qualifies a competitor for either the 8& under freestyle and backstroke event or the 6 & under freestyle and backstroke event for the Championship Meet.
- 12.3. **Championship Meet Officials.**
 - 12.3.1. Each team shall submit Officials for the Championship Meet to the RSL appointed Meet Director.
 - 12.3.2. Officials for the Championship Meets shall be selected from a pool of those Officials who have satisfactorily handled the duties during the Dual Meet Season. Any Official whose suitability is questioned will be referred to the President of the RSL, Inc. for final resolution.
- 12.4. **Entries and Time Standards.**
 - 12.4.1. Team entries.
 - 12.4.1.1. Individual events.
 - 12.4.1.1.1. Teams have unlimited entries in the 6 and under freestyle and backstroke events.
 - 12.4.1.1.2. Teams may enter 8 swimmers in the age group freestyle events (dual events 17 – 26).
 - 12.4.1.1.3. Teams may enter 6 swimmers in all other individual events.
 - 12.4.1.2. Relay events.
 - 12.4.1.2.1. Teams may enter 1 relay in each relay event.
 - 12.4.1.2.2. Teams may enter a second non-scoring freestyle relay for all age groups.
 - 12.4.2. Competitors will be limited to a maximum of 3 individual events and 3 relay events.
 - 12.4.3. All entries must be submitted 7 days prior to the Championship Meet at the division seeding party. Each team shall bring to the seeding party:
 - 12.4.3.1. At least two people, preferably a coach and a data person.
 - 12.4.3.2. Two media copies of your Team Manager team entries.
 - 12.4.3.3. One media backup of your Team Manager data base.
 - 12.4.3.4. A Team Manager printout by event of your team entries.
 - 12.4.3.5. RSL event planner, as described in 7.5.2. The event planner will be used in the event of a discrepancy to determine the competitor's scheduled events.
 - 12.4.4. At the conclusion of the seeding party, each team shall be given their team's psych sheet to ensure the accuracy of the entry times. Any corrections to the entry times must be made within 24 hours following the conclusion of the seeding party.
 - 12.4.5. After the entry time correction period has expired, Time Standards will be established for all scored events.
 - 12.4.5.1. Each event shall have the entries ranked from fastest to slowest.
 - 12.4.5.2. The event entries shall be divided into 3 groups designated A, B, and C. Any event not divisible completely by 3 shall have any remainder placed first into the C group and the additional remainder (if any) into the B group.
Example entry count of 26: A=8 B=9 C=9.
 - 12.4.5.3. In the case identical time entries exist in two groups, calculate the time difference

Rappahannock Swim League Rules

03 June 2018

between the identical entries and the entry immediately above and below the identical entries. Move all the identical entries to the group with the smallest difference. If the difference is the same, the entries will be moved to the faster group.

12.4.5.4. Once the seeding has been set no changes to individual events may be made.

12.4.5.5. Once the seeding has been set, the competitors in relays may be changed. The relay card must contain the correct swimmer names and order.

12.5. Championship Meet Scoring and Awards.

12.5.1. In unscored individual events, awards will be given to the 6 competitors who achieve the fastest times. All other competitors will be given an "I DID MY BEST" ribbon.

12.5.2. In scored individual events, points will be given to the 6 competitors who achieve the fastest times in each of the A, B, and C groupings. Points awarded for 1st through 6th places will be: 7, 5, 4, 3, 2, and 1, respectively. Awards will be given to the 6 competitors who achieve the fastest times in each of the A, B, and C groupings.

12.5.3. In unscored relay events, awards will be given to the 6 teams who achieve the fastest times.

12.5.4. In scored relay events, points will be given to the 6 teams who achieve the fastest times. Points awarded for 1st through 6th place will be: 14, 10, 8, 6, 4, and 2, respectively. Awards will be given to the 3 teams who achieve the fastest times.

13. PROTESTS.

13.1. Protests involving turns, strokes, and other swimming violations must be lodged with the Referee by the team coach or RSL Representative within 30 minutes after notification of the violation.

13.2. Protests involving the Referee certified score must be lodged with the RSL President or his/her designee within 24 hours of the end of the meet. This protest must come from the RSL Representative in phone or in person. The League designee will perform an audit of the entire meet. If any correction is necessary the President will inform both teams involved, this corrected score will become the Official score.

13.3. The RSL Representatives must refer protests involving RSL, Inc. rules in writing to the League President. The protest letter must be postmarked 3 days after the protested meet. Upon receipt of a letter within the prescribed time limit, the League President will provide a courtesy telephone call to the designated representative of the teams involved. A grievance committee will be appointed by the League President composed of 3 Board Members from teams outside the protesting team's division. The decision of said grievance committee will be made available within 30 days and shall be final. The League President upon receipt of the decision will forward the decision to the teams involved within 3 days.

13.3.1. In the event time does not permit the appointment of a grievance committee to resolve a protest of an RSL rule, the League President may at his/her discretion resolve the dispute and then may forward the protest to a committee for further review.

13.3.2. Grievance committee reports shall be forwarded to the Rules Committee if necessary to clarify an RSL rule.

13.4. All disqualifications involving bona-fide judgment calls are final.

14. RULE CHANGES.

14.1. All rule changes must be made prior to the date of the first scheduled dual meet. No rule changes will be made after that date.

15. POLICIES AND PROCEDURES.

15.1. The RSL, Inc. may adopt other policies and procedures not spelled out as a rule for competition. Additional information can be found in the RSL By-Laws and Policies and Procedures handout.

Rappahannock Swim League Rules
03 June 2018

Appendix A

A. History of Changes

2013

Rule 2.1.1	Updated
Rule 2.2.1.2	Updated
Rule 5.12	New
Rule 6.1.10	Updated
Rule 7.5.1.1.7	New
Rule 10.1 and 10.2	Updated
Rule 10.4.2	Updated
Rule 10.5.3 through 10.5.5	Updated
Rule 10.6.4	Updated
Rule 12.4.3 through 12.4.5	Updated
Appendix A	New

2014

Rule 5.13	New
Rule 5.13.1	New
Rule 5.13.2	New
Rule 5.14	New
Rule 7.2.2.1	Updated
Rule 7.2.2.2	New
Rule 7.5.2.6	New
Rule 7.5.3.2	Updated
Rule 7.5.3.3	New
Rule 7.5.3.3.1	New
Rule 7.5.3.3.2	New
Rule 10.5.4.2	Updated
Rule 10.5.4.2.5	Deleted
Rule 12.4.5.4	Updated
Rule 12.4.5.5	New
Appendix A	Amended for 2014, 06/07/2014

2015

Rule 5.2.1	New
Rule 7.5.2.4	Updated
Rule 7.5.2.5	Updated
Rule 7.5.3.1	Updated
Rule 10.2.4	Updated
Rule 10.2.5	Updated
Rule 10.5.4	Updated
Rule 10.4.1.1	New
Rule 10.5.4.1.2	Deleted
Rule 10.5.4.1.3	Deleted
Rule 10.5.4.1.4	Deleted
Rule 10.5.4.2.2	Deleted
Rule 10.5.4.2.3	Deleted

Rappahannock Swim League Rules

03 June 2018

Rule 10.5.4.2.4	Deleted
Rule 10.5.5.3	Updated
Rule 10.5.8	Updated
Rule 12.4.1.2.2	Updated

2016

Rule 2.1.5	New
Rule 10.11.1.8	New
Rule 10.11.1.2	New
Rule 10.11.4.1	Updated
Rule 10.11.4.3	Updated
Rule 10.11.9	Updated
Rule 10.11.10	Updated
Rule 12.5.4	Updated

2017

Rule 2.2.1	Updated
Rule 5.15	New
Rule 7.1.1	Updated
Rule 7.3.1.6	Updated
Rule 7.3.1.7	Updated
Rule 7.3.1.8	Updated
Rule 7.3.1.9	Updated
Rule 7.3.1.10	Updated
Rule 7.3.1.11	Updated
Rule 7.3.1.12	Updated
Rule 7.5.1.2	Updated
Rule 7.5.4	New
Rule 8.4.1	Updated
Rule 8.6.8.1	Updated
Rule 8.6.8.2	Updated
Rule 12.2.3.1	Updated
Rule 12.4.1.1.1	Updated

2018

2.2.1	Updated
2.2.1.3	New
5.2.1*	Updated
6.1.9*	Deleted
7.4.1.2.2.	Updated
7.4.1.2.3	Updated
7.4.1.4*	Deleted
7.5.1*	Renumbered & Updated
7.5.2*	Updated
7.5.2.1.4*	New
7.5.2.2 *	New
7.5.2.3*	Updated
7.5.2.3.1*	New
7.5.2.3.2*	New
7.5.3*	New
7.5.4*	Deleted

Rappahannock Swim League Rules

03 June 2018

7.5.4*	New
8.1*	Updated
8.2*	Updated
8.6.6.1*	New
8.6.6.2*	New
9.*	Updated
10.4.4.1*	New
10.7.1*	Updated
10.9.5*	Updated
10.10.6 *	New
10.11.1.1.7*	Updated
10.11.1.1.7.1*	New
10.11.1.1.7.2*	New
10.11.2.1*	Updated
10.11.6.2*	Updated
10.11.7 *	Updated
10.11.8.4*	Updated
10.12.1.1*	New
10.12.2,3, 4, and 5*	Deleted
10.2.3, 4, 5, and 6*	New

*Rule changes associated with computer seeding