

DELCO LEAGUE RULES

Rev. 2016

All competition between teams in the Delco Swim League shall be governed by these rules, amendments and supplements thereto approved by the League, and applicable sections of the current Official NCAA Swimming Rules. Any difference of opinion regarding the interpretation of the league rules shall be referred to the League President for a decision. All coaches shall be responsible for acquainting themselves with the Rules of the Delco League.

GENERAL RULES

I. ELIGIBILITY OF CONTESTANTS:

- a. All contestants participating in official Delco League meets must be bona fide members of families of the swim club represented.

A family and its members may belong to more than one Swim Club at any time but they can only represent only one Club in the Delco Swimming and Diving league in any competitive season. This will be determined by the first competitive swim or dive meet by any member of a family during the dual meet season.

- b. No swim team shall recruit participants by offering any inducements-either real or implied. (Example: Non-family member hired as an employee.)
- c. The eligibility of a contestant to enter a particular age group will be determined by his/her age as of June 1 of the current year.
- d. Within seven days before the first league meet of the season or by a date established by the league representative at the first league meeting, each club shall prepare a list of registered contestants listed by age group, sex, and birth date and shall submit one copy to the Division Eligibility Chairperson, the Vice President and to the coach of each opposing team in their division. Each club shall update this list as new contestants join the team; shall notify the Division Eligibility Chairperson of any additions prior to participation in a league meet and shall present an updated copy of this list to the scorer of the opposing team prior to each league meet.

NOTE: Teams may submit eligibility challenges to the protest committee.

- e. A contestant must participate in a minimum of two (2) Varsity meets to be eligible for championships. There will be no exceptions to this rule.

II MEET PARTICIPATION

- a. It was voted on that ONE exhibition heat would be allowed for all 14u & 18u individual events. All participants must be age appropriate and the event does count as an event swum for the participant. If a team does have exhibition swimmers participating in an exhibition event, the event will take place directly after the live / scoring event and prior to the next numbered event. The times achieved in an exhibition event does count for championship purposes (if applicable) and all exhibition event times must be forwarded to opposing coaches

with the official results. (Revised 2016)

- b. No swim coach or participant shall resort to impersonation (having a contestant enter a fourth even using another person's name), if any such practice is attempted, the Delco League will take action to require the offending team forfeit that meet and if investigation shows that this deception occurred at previous meets, then all of those previous meets shall be forfeited.

MEET COMPETITION

- a. The order of events shall be as set forth under swimming and diving rules. Swimming events shall start promptly at 9:30 a.m., or at another time mutually agreed upon by the teams involved.
- b. Each team shall designate a team representative for each meet who may not be a coach or official at the meet. The **team representatives** shall have the power to reschedule a meet if circumstances warrant such action. It shall be rescheduled at a time and location mutually agreed upon by both teams involved and at a time which will not interfere with other official scheduled meets of the Delco League. In the event of a rescheduled swim meet, the League President shall be notified.
- c. To file a protest relative to the outcome of a dual meet, a **team representative** shall verbally notify the **meet referee**. The **referee** and the **protesting representative** will then, prior to continuing the swim meet, do a written account of the actions being protested. These reports must be submitted to the **league president** within 48 hours of the end of the meet. The **president** will submit these reports to a **protest committee** of 3 representatives. The **protest committee** will consist of members from the 2 divisions not involved in the protest. They will review the reports and gather any additional information that is needed, render a decision, and report their decision to the **president**. The **president** will notify both teams.
- d. If a team forfeits, fails to appear for a scheduled meet, or cannot agree to a rescheduled as provided in Section III-b, the meet shall be listed as a loss, and so entered in the team standings. The contestants of the winning club as entered on the Official Score Sheet shall be considered as an entry in a dual meet for the Championships.
- e. All lanes will be live where there are 6 useable lanes. In pools where there are only 5 lanes (Aldan, Lansdowne and Riddlewood), only 4 lanes will be live lanes with one exhibition lane designated by the host club.

IV SCORING

a. In meets, points will be scored as follows:

Individual events: 1 st Place	5 points
2 nd Place	3 points
3 rd Place	1 point
Relay events: 1 st Place	7 points
2 nd Place	0 points

If there should be a tie, the points will be split.

Example: 1st Place 5 points

2nd Place 3 points = 8 points divided by 2 = 4 points

Therefore, the two swimmers who tied will each earn four (4) points.

If there should be a tie for 2nd place, the points awarded for 2nd and 3rd places will be added and split giving each swimmer two (2) points.

- b. A team may only score two places for individual events and one place in relay events
- c. In the championships, no official point score shall be kept or published.

V DISQUALIFICATIONS

- a. When a relay team or individual is disqualified, the following place will move up accordingly and the points awarded to conform to the place. The disqualified relay team or individual will earn no points for that event.
- b. Even though a contestant is disqualified in an event, participation in that event will count toward the maximum number of events in which the contestant is permitted to compete for the meet.
- c. In the case of a disqualified contestant, the Referee will be responsible that the reason for the disqualification be entered on the back of the runner's card or attached to the runner's card at the time of the action, and will notify the contestant or team coach of the disqualification and reason.
- d. A contestant who fails to report for the start of an event in which the contestant is properly entered shall be disqualified. And count towards the swimmers maximum number of events.

VI LEAGUE DIVISIONS

- a. The Delco League will be divided into three divisions designated as A, B, C, which will consist of six (6) teams. In the case of an odd number of total teams, the divisions will consist of two (2) six (6) team divisions and the third of which shall include five (5) teams. In order to achieve competitive balance and equal opportunities, the division with five (5) teams shall rotate each year, and some teams shall switch divisions for subsequent seasons in accordance with these rules.
- b. Except for those seasons when a division has only five teams, the team with the best record in the B division shall switch places with the team having the worst record in the A division and the team with the best record in the C division shall switch places with the team having the worst record in the B division.
- c. In those years where a division has only five (5) teams, either the team with the best of worst record shall remain in the same division for the next season while a team from another divisions shall switch, resulting in a six (6) team division for the following two (2) seasons. (for example, where A division has only 5 teams, those teams shall remain in A division, while the team with the best record in B division shall switch to A divisions for the following season, the team with the worst record in B division shall switch with the team having the best record in C division, and B division shall have 5 teams for the following season).
- d. In the case of ties the following criteria shall determine which team shall move between divisions:
 1. The points scored by all tied teams involved against each other.
 2. The total points scored over the complete season by the tied teams.
- e. A new team entering the League to fill the vacancy in any of the three divisions shall normally be placed in the "C" division for the first year unless the performance of its swimmers in the previous summer indicates that entering the "A" and "B" Divisions would promote fairer competition. The Delco League representative shall determine the placement of new teams and appropriate changes to the movement of teams between sections as provided for in "a" (see above).

VII EXCEPTIONS TO NCAA RULES

- a. Recall Ropes
Recall ropes are not required
- b. False Starts
 - i. Swimmers in age groups 8's, 10's, and 12's will be allowed 1 false start and it will be charged to the **Field**. The next swimmer in that event who false starts will be disqualified. Swimmers in age group 14's and 18's will be allowed no false starts.

SWIMMERS RULES - DUAL MEETS

I. AGE GROUPS 8 years and under 10 years and under 12 years and under 14 years and under 18 years and under NOTE: a younger competitor may participate in an older age bracket.

II. CONTESTANTS

- a. Points may be scored for the following number of contestants in individual swimming and relay events:
 - i. 5 or less lane pool - 2 individual entries and 2 relay team entries
 - ii. 6 or more lane pool - 3 individual entries and 3 relay team entries
- b. Exhibition entries shall not be counted maximum participation and meet scoring. These contestants must swim in the outermost lanes unless the innermost lanes are not occupied. Then these lanes may be used for exhibition purposes. The official line-up sheets and runner's cards must be marked with **EX** to denote an exhibition swimmer regardless of what lane the swimmer is assigned.
- c. No member of the opposite sex shall be permitted to swim exhibition in an event unless by mutual consent of both coaches.
- d. There will be no exhibition heats in any Varsity meet if both teams have a JV team unless they are agreed to by both coaches at least a day before the meet.

III. LANE ASSIGNMENTS

- a. Teams shall use the following lane assignments for all meets:

HOME TEAM	ODD LANES
VISITING TEAM	EVEN LANES

- b. In pools containing 5 lanes, the home team shall have the use of the exhibition lane. In the case where the home team is not using the exhibition lane, the visiting team may have use of it for their exhibition contestants.

POOL INFORMATION

All pools have 6 lanes for competition unless otherwise noted.

25 Meter Pools: Briarcliffe, Brookhaven, Broomall's Lake (8), Clifton Heights, Conestoga, Collingdale, Hilltop, Karakung, Knowlton, Lansdowne (4), Lawrence Park, Riddlewood (5), and Ridley Park (7).

25 Yard Pools: Aldan (5), Ridley Township (6), and Springfield (6).

25 Meter Pool: Glenolden

IV. LINEUPS

- a. Coaches shall submit their updated eligibility list, lineup sheets, and runner's cards to the Chief Scorer at least **twenty minutes** prior to the agreed upon starting time of the meet.
- b. The **full name** of each contestant shall be used on both the lineup sheets and the runner's cards.
- c. Scratches and substitutions for an event may be made but must be submitted to the Chief Scorer on a lineup change card at least **one** event prior to the start of the event being changed. The scorer shall write the event in the pool on the change card when it is submitted. Example: changes to event 35 must be submitted prior to the start of even 34. The start of the even shall coincide with the pistol start.
- d. Changes in lineup must be recorded on the runner's card to be official. Swimmers who are officially entered in an event when the event is called by the Referee-Starter shall be considered contestants in the application of these rules.
- e. No one except the meet Scorers will be permitted access to the lineups which are submitted. It will be considered an unethical practice and a violation of the League's purpose for any coach to acquire to accept information on the lineup of the opposing team after the lineups have been submitted to the Scorers. Any violation of this rule shall be reported to the Referee who will in turn advise the offending team's coach that further substitutions in any event in that particular meet for any reason will not be permitted. Only a coach or assistant coach is permitted to approach the scorer's table during the meet.
- f. By the Wednesday following the meet, each team must have copies of that meet and all previous meets available for the coaches of opposing teams.

V DESCRIPTION OF EVENTS AND PROCEDURES

- a. The description of the official starts, competitive strokes, turns, finishes, etc., shall be as set forth in the current official NCAA swimming rules.

VI ORDER OF EVENTS

- a. Refer to the last pages of Delco League Rules

VII OFFICIALS REQUIRED

OFFICIAL	PROVIDED BY HOME TEAM	PROVIDED BY VISITING TEAM
REFEREE-STARTER	1	0
TURN JUDGE	1	1
STROKE JUDGE	1	1
PLACE JUDGE	1	1
LANE TIMERS	6-1 per lane	6
SCORER	2(1 chief scorer)	2
CLERK OF COURSE	1	0
RUNNER	1	0
ANNOUNCER	1	0

VIII DUTIES OF OFFICIALS

The duties of the officials shall be as set forth in the current Official NCAA Swimming Rules, supplemented as follows:

Referee-Starter: All events shall start with a pistol shot (22, 32, or 38 caliber start's pistol) or a beeper. He shall be the judge of strokes. He shall give a decision on any point where the opinions of the judges differ. He shall observe the finish of each event, determine which contestant finished first, second, and third; record these placements on an event place card, and report these placements to the Clerk of Course only if the Place Judges disagree. In which case, the placements determined by the Referee-Starter shall be final. He shall observe all relay take-offs.

Turn Judges: These judges shall observe turns in the opposing team's lanes at the end of the pool opposite the starting end. They shall also act as take-off judges in the 100 meter/ yard relay events.

Place Judges: These judges shall station themselves in the most advantageous location to observe the finish of each event. Each shall determine independently which contestant finished first, second, and third in each event; record these placements on an event place card and report their placements to the Runner. They shall not flash their decision across the pool to the opposing judge. They shall also act as take-off judges in relay events.

Lane Timers: One from each team shall be assigned to each official lane. One on each lane shall average the times and report the official time to the Runner.

Stroke Judges: They shall observe for violations of the rules for each stroke. One Stroke Judge should position himself on the side of the pool from the Starter-Referee when possible. See turn judge responsibility for backstroke turns.

Chief Scorer and three assistants: This group records the times and places as indicated on the cards which the Clerk of Course will deliver to them. They will advise when pool records have been broken and keep the announcer informed as to the official score. Scorers will arrive at least 20 minutes prior to the agreed upon starting time of the meet in order that the Runner's cards may be assembled. The persons selected as Scorers will be held responsible for not disclosing the team's lineups. The scorer will advise the coaches involved if their lineups are incomplete in any way. The Chief Scorer will accept scratches and substitutions in accordance with Rule IVc- IV d. Once the scorers are at the table they should not leave the table or discuss the line-ups with anyone. If there are any questions or situations that arrive, they should be discussed with the referee.

Runner: He shall record on the Runner's card for each event the placements, times, any referee's decisions on any ties by the Place Judges, and any necessary report from the Referee.

Announcer: This person will announce the events, scores and any other information which may be required during the course of the swimming meet. Swimmers must participate in the lane specified by the announcer as read from the Runner's card.

SWIMMING EVENTS

1.	F	12 & UNDER	100 I.M.
2.	M	12 & UNDER	100 I.M.
3.	F	14 & UNDER	100 I.M.
4.	M	14 & UNDER	100 I.M.
5.	F	18 & UNDER	100 I.M.
6.	M	18 & UNDER	100 I.M.
7.	F	8 & UNDER	25 FLY
8.	M	8 & UNDER	25 FLY
9.	F	10 & UNDER	25 FLY
10	M	10 & UNDER	25 FLY
11	F	12 & UNDER	50 FLY
12	M	12 & UNDER	50 FLY
13	F	14 & UNDER	50 FLY
14	M	14 & UNDER	50 FLY
15	F	18 & UNDER	50 FLY
16	M	18 & UNDER	50 FLY
17	F	8 & UNDER	25 BACK
18	M	8 & UNDER	25 BACK
19	F	10 & UNDER	25 BACK
20	M	10 & UNDER	25 BACK
21	F	12 & UNDER	50 BACK
22	M	12 & UNDER	50 BACK
23	F	14 & UNDER	50 BACK
24	M	14 & UNDER	50 BACK
25	F	18 & UNDER	50 BACK
26	M	18 & UNDER	50 BACK
27	F	8 & UNDER	25 BREAST
28	M	8 & UNDER	25 BREAST
29	F	10 & UNDER	25 BREAST
30	M	10 & UNDER	25 BREAST
31	F	12 & UNDER	50 BREAST
32	M	12 & UNDER	50 BREAST
33	F	14 & UNDER	50 BREAST
34	M	14 & UNDER	50 BREAST
35	F	18 & UNDER	50 BREAST
36	M	18 & UNDER	50 BREAST

37. F	8 & UNDER	25FREE
38. M	8 & UNDER	25FREE
39. F	10 & UNDER	50FREE
40. M	10 & UNDER	50FREE
41. F	12 & UNDER	50FREE
42. M	12 & UNDER	50FREE
43. F	14 & UNDER	50FREE
44. M	14 & UNDER	50FREE
45. F	18 & UNDER	100FREE
46. M	18 & UNDER	100FREE
47. M/F	8 & UNDER	100 FREE RELAY
48. F	10 & UNDER	100FREE RELAY
49. M	10 & UNDER	200FREE RELAY
50. F	12 & UNDER	200FREE RELAY
51. M	12 & UNDER	200FREE RELAY
52. F	14 & UNDER	200FREE RELAY
53. M	14 & UNDER	200FREE RELAY
54. F	18 & UNDER	200FREE RELAY
55. M	18 & UNDER	200FREE RELAY

DELCO LEAGUE
JUNIOR VARSITY SECTION
RULES AND REGULATIONS COVERING DUAL MEETS

The purpose of the J. V. Section is not to win or lose but to keep as many of the young swimmers as possible interested in swimming.

1. PARTICIPATING TEAMS

Any team in the Delco League that requests entry into the J. V. Section before April 1st of that season.

2 SCHEDULE:

Consists of 4 or 5 J.V. meets held during the week and in the evening, starting at 6:30 p.m.

3. AGE GROUPS:

8 and under 10 and under 12 and under
12 and under cannot be scheduled for a meet unless by mutual agreement of both clubs. Agreements must be made and held to by the Monday before the meet.
The line-up sheets provided for this is optional.

4. ELIGIBILITY:

Any swimmer may qualify for J.V. competition in a stroke that they did not take a FIRST or SECOND in during a varsity meet.

EXCEPTION: all 8 and under may participate in the freestyle relay no matter what they did in Varsity meets.

5. MAXIMUM PARTICIPATION:

No contestant may compete in more than three events in any meet. Each relay will count as one event.

6. DISQUALIFICATIONS:

In keeping with the stated purpose of the J.V. Section, officials should be very liberal in interpretation of the stroke and turn rules.

7. SCHEDULE OF EVENTS:

See attached sheet.

(Additional heats will be allowed upon mutual agreement of both clubs.)

8. OFFICIALS:

Starter-Referee Stroke and
Turn Judge Clerk of Course
Announcer

Place Judge

Two (2) Scorers

One (1) Timer per lane