

OKANOGAN COUNTY

SUMMER SWIM LEAGUE

BY-LAWS

Last Update

April 2022

## Table of Contents

I.	LEAGUE MEMBERSHIP, DUES AND ELIGIBILITY.....	3
II.	DUAL MEETS.....	
	.....	3
III.	INVITATIONAL MEETS.....	4
IV.	CHAMPIONSHIP MEET .....	5
V.	AGE GROUPS.....	
	.....	6
VI.	SCORING.....	
	.....	6
VII.	OFFICIALS.....	
	.....	6-8
VIII.	SUGGESTED OFFICIALS.....	9
IX.	AWARDS.....	
	.....	9
X.	ACCIDENTS AND SAFETY.....	9
XI.	DISQUALIFICATIONS.....	
	.....	10
XII.	STROKE RULES.....	
	...11	

### **League Membership, Dues and Eligibility:**

The membership of the league shall consist of the swim teams accepted for inclusion by the Okanogan County Summer Swim League and are in good standing with the OCSSL.

The league president shall pay the AAU club fees and sanction fees by May 1<sup>st</sup> to avoid late penalty charges. Each team will reimburse the league president promptly after being notified of the amount due for the year. Currently there are four teams in the league and each will pay  $\frac{1}{4}$  of the total bill.

Each team will be responsible for ensuring that all swimmers and coaches purchase an AAU card. Every swimmer and their parent/guardian will read and sign a concussion information form which each team will collect and keep on file. All coaches will watch AAU's concussion video and read and sign a form that will also be kept on file with each team. Club compliance forms will be filled out, signed and returned to league president before the first swim meet of the season.

Any swimmer who has competed with any organized swim entity since the end of the previous season will be considered an "advantaged swimmer". Advantaged swimmers are eligible to compete and earn team points, but will not be eligible for high-point awards. Each league team is responsible for letting other league teams know who these advanced swimmers are before each meet begins.

### **Dual Meets:**

Officials: 1 meet referee, 2 stroke/turn judges, 1 place judge, 1 starter, 1 announcer.

1. Dual meets are matches between two teams within the league only. The teams in the league at this time are: Okanogan, Omak, Methow Valley and Brewster. Dual meets will be held once a week, on Tuesday or Thursday nights and should generally last two to three hours. All dual league meets have only those events agreed upon by league board members before the start of the season.
2. All judging will conform to league standards.
3. Swimmers are limited to participation in three individual events and one relay (3&1), or two individual events and two relays (2&2). It is completely up to the coach whether a swimmer swims 3&1 or 2&2.
4. Team coaches will decide their own team lineup with a maximum of three swimmers per event.
5. Entries must be sent in 1 day prior to the meet. The allowance of late entries are at the discretion of the host team. Late entries will not be accepted less than 30 minutes prior to the start of the meet.

6. Minor changes to entries will be allowed up to 30 minutes before the meet starts.
7. A coach may change the lineup to any relay event up to 30 minutes prior to the event.
8. Dual Meet ribbons will be given to the 1<sup>st</sup> thru 3<sup>rd</sup> place finishers.
9. In dual individual events, a swimmer may swim up 1 age group, but must stay in that age group for the entire meet.
10. In dual relay events, a swimmer may swim up 2 age groups with no additional requirements.
11. There will be one heat of each event, except in pools with less than six lanes where there shall be no more than two heats of any one event. Each team at a dual meet is allowed a maximum of three swimmers per event. Lane assignments are decided by the host team.
12. The meet starter may combine heats based on the number of swimmers in any bracket.
13. Any exhibition swimmer may swim during a regularly timed event if there is an empty lane. These exhibition swimmers are not scored.

### **Invitational Meets:**

Officials: 1 meet referee, 2 stroke/turn judges, 2 place judges, 1 starter, 1 announcer.

1. Each team in the league will host an invitational meet, unless the league votes to dismiss this duty for the given year. Hosting the Championship meet will be considered an Invitational meet.
2. It is the host team's responsibility to let the other teams know about deadlines and other important information regarding this meet.
3. All judging will conform to league standards.
4. Swimmers can swim all events.
5. Entries must be sent 2 days prior to the meet. The allowance of late entries are at the discretion of the host team. Late entries will not be accepted less than 30 minutes prior to the start of the meet.
6. Minor changes to entries will be allowed up to 30 minutes before the meet starts at the discretion of the host team.
7. Ribbons will be awarded for 1<sup>st</sup> thru 6<sup>th</sup> place. High point awards may be given to a boy and girl from each age group at the host's discretion.
8. A swimmer may swim up one age group for individual events, but must stay in that age group for the entire meet.
9. A swimmer may swim up two age groups for any relay, with no additional requirements.
10. The meet starter may combine heats based on the number of swimmers in any bracket.

## **Championship Meet:**

Officials: 1 meet referee, 4 stroke/turn judges, 2 place judges, 1 starter, 1 announcer.

1. Each year a different team shall host the Championship meet with the rotation order: Omak (2022), Okanogan (2023), Brewster (2024), Methow (2025),
2. The Championship meet will be held the final Saturday of the regular season and last all day. If there is a mechanical or weather event that stops the Championship meet, the meet will continue the next day, contingent upon all league team's representatives agreement at the time.
3. It is the host team's responsibility to notify the other teams of deadlines and other important information regarding this meet.
4. It is important for coaches to enter a swimmer's best time for all events. This ensures the best possible placement in event heats.
5. All judging will conform to league standards. Refer to by-laws regarding scoring and disqualifications for the Championship meet.
6. In order to be eligible to compete in the Championship, a swimmer must have practiced with his team at least 5 times during the season and have competed in 2 prior league meets.
7. Entries must be sent 2 days prior to the meet.
8. The allowance of late entries are at the discretion of the host team. Late entries will not be accepted less than 30 minutes prior to the start of the meet.
9. Minor changes to entries will be allowed up to 30 minutes before the meet starts, at the discretion of the host team.
10. Medals will be given to the 1<sup>st</sup> thru 3<sup>rd</sup> place finishers in every event and ribbons will be given to the 4<sup>th</sup> thru 6<sup>th</sup> place finishers.
11. The highest scoring team at the Championship will receive a trophy.
12. A meet high point award will be given to a boy and a girl from each age group.
13. A swimmer must swim in their age group for individual events during any championship race. No exceptions.
14. A swimmer may swim up two age groups for any relay during championship relays. Relay team is required to have at minimum 1 swimmer in that age group.
15. The meet starter may combine heats based on the number of swimmers in any bracket.

**Age Groups:**

A swimmer’s age for the purpose of competition shall be his/her chronological age on the first day of any given meet in which that swimmer participates. Age brackets for both boys and girls are as follows: 6 & under, 7-8, 9-10, 11-12, 13-14, 15-18. At the Championship only, the 15-18 bracket will be split into 15-16 and 17-18.

**Scoring:**

Scoring for Invitationals and Championship will be as follows:

PLACE	INDIVIDUAL POINTS	RELAY POINTS
1 <sup>st</sup>	7	14
2 <sup>nd</sup>	5	10
3 <sup>rd</sup>	4	8
4 <sup>th</sup>	3	6
5 <sup>th</sup>	2	4
6 <sup>th</sup>	1	2

Scoring for Dual Meets will be as follows:

PLACE	INDIVIDUAL POINTS	RELAY POINTS
1 <sup>st</sup>	5	7
2 <sup>nd</sup>	3	4
3 <sup>rd</sup>	1	2

Relay points do not apply to individual points.

**OFFICIALS:**

- A. **MEET DIRECTOR/REFEREE** (This may also be a stroke/turn judge)
  - 1. Shall instruct officials prior to the meet, assign placement of officials and have full authority over them.
  - 2. Shall enforce all applicable rules and shall decide all questions relating to the actual conduct of the meet.
  - 3. Shall also disqualify a swimmer(s) for violations of the rules that they personally observe and shall, at that time, raise one hand overhead with open palm. If they do not make such a signal, there shall be no penalty.

4. Has the authority to make a final decision on any point where the opinions of other officials differ, following USA Swim Rules.
5. They may, at their discretion, prohibit the use of any bell, siren, horn or other artificial noisemaker during the meet.
6. The meet director is the person a coach shall approach if they have a question or problem with a DQ.
7. If the meet referee feels a coach's conduct is detrimental to the meet procedures, he should first warn the coach. If it continues, he may ask the coach to leave the pool area. A coach will be responsible for the conduct of his team members.

## **B. STARTER**

Notifies swimmers of the distance and event. The starter is also the start judge and is responsible for calling false starts. The starter will notify swimmers that all but the last swimmer must leave the pool immediately upon completion of their relays.

### **1. False Starts**

- a) A swimmer who unnecessarily delays in assuming and holding a completely motionless starting position after the command "take your mark" shall be charged with a false start and all swimmers will be given a warning.
- b) A swimmer leaving their marks before the starting signal shall be charged with a false start, except a swimmer who has false started because of the action or movement of another competitor.
- c) When a swimmer false starts before the starting signal is given, the starter shall immediately release all other swimmers with the command "stand up". Any swimmer so released may stand up or step down. The group is then on warning status.
- d) When the starting signal is given and one or more swimmers have obtained an unfair advantage, all swimmers shall be recalled at once by a second signal. The starter shall then place the entire group on warning status.
- e) In backstroke or medley relay, the starter may charge a false start to any swimmer who fails to maintain his feet and /or hands in a legal position after the first warning.
- f) A swimmer shall not be disqualified for an illegal starting position at the start if the starter has permitted the race to proceed without recall.
- g) The first false start will be called on the individual swimmer making the violation and all swimmers will be placed on warning status.
- h) The second false start will result in a call back with the disqualification and removal of the individual who caused the false starting infraction.

### **C. Stroke and Turn Judge**

Each team shall have 2 qualified stroke and turn judges that are familiar with the rules and have watched USA Swimming's Officials Training Video, "Officiating Swimming". Judges shall operate on both sides of the pool, if possible, walking abreast of the swimmers during all strokes. The judges will ensure that the rules relating to the style of swimming designated for the event are being observed. Violations shall be recorded on signed slips, detailing the event, heat number (if applicable), lane number, swimmer's name and violation observed. They will ensure that turns or finishes comply with the rules applicable to the stroke used and shall report any violations.

#### **1. Jurisdiction of Stroke/Turn Judge**

- a) If a swimmer of any age has a physical disability relating to the infraction, it is the coaches' responsibility to inform the judges or data input staff of such a swimmer before the race begins.

#### **2. Infraction Signal**

Upon observing an infraction within their jurisdiction, the judge shall immediately raise one hand over the head with open palm. If the official does not do so, there shall be no penalty. No other official, except the director/referee may call stroke and turn infractions. The meet director/referee or stroke/turn judges shall turn all DQ slips in to the data entry office for pick up by coaches.

### **D. TIMERS**

Two timers will be placed directly over their assigned lane.

1. Each timer shall look to the starter and shall start their watch at the flash of the light or, if that can't be seen, the sound of the starting horn.
2. All watches shall be stopped immediately when, in the opinion of the timer, any part of the swimmer's body touches the solid end of the pool or course.
3. It is not the responsibility of the lane timer to judge if the finish touch meets the requirements of the appropriate stroke finish rule.
4. The time of each watch is recorded on the lane timer sheet and the official time will be established by the scorers. Each timer shall sign the time sheet. The final time will be the average of the two times.
5. It is recommended that there should be at least one alternative timer present at all meets. If no alternative timers are present, one time may be used at the official final time.



## **SUGGESTED OFFICIALS:**

OFFICIALS	NUMBER	EQUIPMENT
Starter	1	Meet program, pencils, clipboard, PA system
Stroke/Turn Judges	2	Clipboard, pencils, DQ sheets, meet program
Timers	14	Clipboards, pencils, stop watches, lane sheets
Scorers	2	Computer, printer, labels, pencils, meet program
Awards	2-4	Award ribbons/medals, team boxes
Meet Director/Referee	1	Clipboard, pencils, meet program
Place Judges	2	Clipboard, pencils, place sheets, meet program

## **AWARDS:**

### **1. TEAM AWARDS**

Team scores will be kept during all meets. During Invitationals, scores will be kept on each individual swimmer so that a high point award may be given to a boy and girl in each age group.

### **2. EVENT WINNER**

- a) A swimmer's time will be determined by taking the two times clocked and averaging them together.
- b) Scorers will determine a swimmer's score and placement by the times clocked, except when both place judges agree that the relative order is different than that indicated by times clocked.
- c) When two or more swimmers tie for any place in an event, duplicate awards shall be provided.

## **ACCIDENTS AND SAFETY:**

1. A person with a minimum certification of standard first aid and CPR shall be available at all times during competition.
2. Any accident requiring first aid or professional medical care must be documented on the accident report form used by the pool of the host city.
3. The safety of the participants in the Okanogan Valley Summer Swim League shall be of primary concern and reasonable measures will be taken to ensure the safety of said participants.

## **DISQUALIFICATIONS:**

1. Disqualifications will begin at the start of the season.
2. All swimmers are subject to the disqualification rules for the entire season.
3. Disqualification slips will be picked up by, or delivered to, coaches only. They will not be given directly to a disqualified swimmer by the judges or meet director.
4. Officials will judge all swimmers the same, following USA Swimming rules.
  - a) A disqualification can be made only by the official within whose jurisdiction the infraction has been committed.
  - b) Any swimmer or coach who acts in an unsportsmanlike manner may be considered for disciplinary action at the discretion of the referee.
  - c) Swimmers must start and finish the race in their assigned lanes.
  - d) Obstructing another swimmer by swimming across or otherwise interfering shall disqualify the offender, subject to the discretion of the referee/meet director.
  - e) Any swimmer not entered in a race who enters the pool or course in the area in which said race is being conducted, before all swimmers therein have completed the race, shall be disqualified from their next scheduled event that day.
  - f) Dipping goggles in the water or splashing water on the competitor's face or body prior to their next event shall not be considered as entering the pool, unless the referee finds that such action is interfering with the competition.
  - g) No swimmer is permitted to wear or use any device or substance to help their speed or buoyancy during a race. Goggles and caps may be worn and rub down oil applied if not considered excessive by the referee.
  - h) The time and/or place of any swimmer or relay team disqualified either during or following an event shall not be recorded in the results of the event. If awards have been given prior to the decision to disqualify, they shall be reclaimed and given to the proper recipient. If points have been scored by those disqualified, the event shall be re-scored.
5. Special needs children will not incur disqualification penalties and may swim in ability appropriate groups, regardless of age. It is the responsibility of the coach to identify these swimmers to the judges or data input staff before the meet starts.

## **STROKE RULES:**

**USA Swimming rules will be used except as follows:**

1. For Backstroke turns, High School Rules are permitted: The immediate 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 the 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.

This concludes the Okanogan County Summer Swim League By-Laws.

Approved by:

Okanogan Swim Team

Omak Swim Team

Methow Valley Swim Team

Brewster Swim Team