

City of Cedar Rapids Recreation Department  
Recreational Swim League

League Rules 2009

“...rules... are designed to protect the swimmer, provide fair and equitable conditions of competition, and promote uniformity in the sport so that no swimmer shall obtain unfair advantage over another.”

**General:**

1. Each swimmer shall compete for the entire season in the age group in which he/she falls as of June 1<sup>st</sup>.
2. Swimmers may only participate on **ONE** team.
3. **Swimmers must declare which team they will be participating with by June 1st.** Violation will result in the swimmer being disqualified from the next meet, including the All City. Repeated violation may mean dismissal.
4. Swimmers may not participate at any meets until they are registered with the Rec. Dept. Turn in to the League Director, a complete roster of all swimmers prior to the first meet and at the prep meeting for the City Meet. For an occasional addition, you may call in the name to be added to the roster.
5. ***Each team must be able to host one or two swim meets per season. There is the possibility of renting another facility to host your meet.***

**Unattached Swimmers**

Swimmers wishing to swim unattached in the All City Meet MUST swim in at least one meet in order to compete in the All City Meet. All event information must be submitted at the established time for all other event cards.

If a swimmer wishes to swim unattached in any dual meet or city meet, they may pay entry fees of:

City Meet: \$15.00 entry fee plus \$5.00 per event

**Weekly Meets & Event Rules:**

1. Each competitor shall be limited to the total of 4 events, maximum of 3 individual events. This applies to weekly, triangular, and the All City Meet.
2. During weekly meets **only**, a coach may swim “up” (one age group only) a swimmer in order to compile a relay for that age group. This is in the situation that there are only 2 or 3 swimmers available for the upper age group relay (No more than 50% of a relay can age up). They may not swim “up” if you have enough kids in that age group for a relay. You may not swim “up” any swimmers for the All City Meet.
3. In order to establish a seed time swimmers must swim events during the weekly meets they desire to swim at the All City Meet.
4. The swimmers must swim the event that is on the score sheet and on the event list.

### **Rules pertaining to relay races:**

1. No swimmer shall swim more than one leg in any relay event.
2. In relay races a swimmer other than the first swimmer shall not start until his/her teammate has concluded the leg.
3. Any relay team member and his/her relay team shall be disqualified from a race if a team member other than the swimmer designated to swim that leg jumps into or enters the pool in the area where the race is being conducted before all swimmers of all teams have finished the race.
4. In relay races the team of a swimmer whose hand has lost touch with the starting platform (ground or deck) before his preceding teammate touches the wall, shall be disqualified.
5. **For all 100 Free and Medley Relays legs two and four need to start in the water at all times. No exceptions. The second and fourth swimmer must have at least one hand on the wall prior to starting their leg of the race.**

### **Hosting a Meet:**

1. Contact the Cedar Rapids Recreation Department with who is starting your meet the Friday or Monday before the meet. This has been a very difficult thing to find starters for all of the weekly meets. We are going to ask for some help in this area.
2. If you need any type of supplies for running your meet (backstroke flags, bull horns, stop watches, etc) those items may be available from the Recreation Lend Out Services 286-5733. Season charges apply. We will provide and deliver ribbons, score sheets, and event cards for each of the weekly meets. The Cedar Rapids Recreation Department will drop off ribbons and score sheets the morning of the meet, unless it's a morning meet than ribbons and score sheets will be dropped off the night before the meet.
3. Have coaches meet with the official 30 minutes before the meet starts.
4. Inform official of the number of heats of each event, when hosting a meet.
5. Turn in all meet results and score sheets to the League Director within 24 hours after the meet. Please use the score sheets that we provide for you or turn in a computer generated score sheet.
6. As a home pool host, arrange timers prior to the beginning of the meet, If not possible; call other pools to assist with timers.
7. In Case of Inclement weather, it is up to the host pool to decide what to do based on their facilities rules. If the meet is post pone it is then rescheduled for the following Thursday. If the meet on Thursday is not held then that meet is canceled.
8. Ribbons need to be done in a timely matter. All extra ribbons and the score sheets will be picked up by the Recreation Department the day after the meet.
9. It is the host pools responsibility to make sure all meet items are returned and in good order.

### **Volunteer Assistance**

Parents and volunteers will be recruited to act as timers, clerk of course, scorekeepers or an announcer for all-dual and triangular meets. It is the host coaches' responsibility to get these volunteers to help run the meets. Each team is responsible for securing half of the timers required for each meet. It is the host team's responsibility to organize with other team.

## **Clerk of Course**

1. During the meet each event will be announced, at which time it will be the responsibility of the swimmer to report to the Clerk of Course.
2. Each swimmer will be placed in a heat, given their event card, which they will take to the starting block and give to the timer in that lane.
3. Cards will be picked up by a runner and taken to the scoring table.

## **Scoring for Weekly Meets**

Relays:	Dual	9-4-2-0
	Triangular	9-4-2-0
Individual:	Dual	7-5-4-3-2-1
	Triangular	7-5-4-3-2-1

Top six swimmers by race score points and receive ribbons.

## **Heat Winners**

In order to provide fun, competition, and an opportunity for growth for all swimmers a heat winner system will be in use. In each heat the first place finisher will be awarded a ribbon. Each heat will be assigned by seed time. If there is no seed time on a swimmer's card they will be placed after the slowest swimmer with a seed time.

## **False Starts**

During weekly meets **only** a swimmer is allowed one false start; the swimmer will be disqualified on the second false start and will not be allowed to swim the event. A false start shall be called by the starter/referee when a swimmer enters the water or moves prior to the firing of the gun.

## **Ties**

In the case of a tie during any event, the starter and/or judge will have the final decision over timers regardless of the times. Where two or more swimmer tie for any place in any event the points (places) involved shall be equally divided. Duplicate awards will be given.

## **Results**

Results and meet score sheets will be turned into the League Director, the day following a regular meet. Entry cards will be given back to the visiting coach along with the ribbons within 2 days of the meet.

## **Disqualification**

A swimmer may also be disqualified for misconduct and for illegal strokes and turns. Misconduct would generally consist of bad language or of some behavior that affects the proper conduct of the meet or improper behavior in respect to other swimmers or individuals working

the meet. With the exception of the last stated reasons, a disqualification is in no way to be considered negative. A violation of a stroke or start or turn rules is to be considered a part of the learning process and absolutely nothing to be ashamed of. If a swimmer is disqualified for a violation of the stroke, start, or turn rules, she/he should make sure that his/her coach is aware of the disqualification and let his/her coach work with him/her to correct the problem at the first opportunity.

The starter/judge will also have any final say over any disqualifications during any event.

### **Failure to Compete**

If a team's individual or relay entries are unopposed, they still must complete the event to score points. No competitor may score points in an event in which the competitor does not compete, or which he or she is disqualified.

### **Complaints**

Any complaint with a dual/triangular meet should be submitted in writing within 24 hours of the meet to the league director. After review of all sides of the issue the league director will make a decision. All scoring of any meets involved in the dispute will be held as unofficial until a decision is reached.

## **Coaches Responsibilities**

1. Arrange, organize, and conduct their own weekly/triangular swim meets. Delegate to assistants, if necessary, and recruit volunteers for the various duties to run meets.
2. Turn in to the League Director, a roster of all swimmers prior to the first meet and the City Meet with correct birthdates.
3. Know all the league rules; be aware of any rule changes that occurred during the season.
4. Fill out entry cards prior to the start of the meet. Turn in cards to the host pool no later than 6:00pm the night prior to the meet. If the cards are turned in later than **6:00pm** 50 points will be given to the opposing team/s. If the cards are not turned in by 9:00pm the night before the meet your team will not be able to win the meet. **Absolutely no cards will be accepted later than 1 hour before the meet is to start.**
5. **Cover all meet procedures with your team prior to the first meet of the season. This is to include clerk of course, false starts, disqualification on strokes, etc.**
6. Coaches shall keep track of seed times and keep track of what all individuals have swum in the events for the All City Meet.
7. Supervise all swimmers at meets. Make sure that you are following the host pools rules and regulations.
8. Help pick up after each meet.