

2011 Lake League Rules

Monday and Thursday will usually be the days of our dual meets. In the event of a cancellation the meet will be rescheduled. Rescheduled meets will usually fall on a Wednesday.

In case of inclement weather on a meet date, it will be the responsibility of the home team to contact the visiting team no later than the hour of 4:30pm on the day of the meet.

The meet must start prior to 5:45pm. However, it is advisable to start as early as possible.

The home team is responsible for running the meet. This includes setting up the best possible course, securing a starter, head judge and the appropriate number of times. The visiting team is responsible for providing the appropriate number of timers and judges. The home team will swim in the odd lanes and the visiting team will swim in the even lanes.

The meet director and judges, one from each team, will determine the order of finish regardless of the timer's results. One timer per lane is acceptable. In case of disagreement in order of finish, the points will be split between the two teams. Adequacy of strokes and turns will be determined by the meet director. The meet director will be responsible for reporting times and places to the meet scorer. Each team will provide two scorers at each meet. Each team will provide and distribute their own ribbons.

Coaches will be permitted at the finish line.

Participants must possess a paid family membership to their swim organization. Residence requirements for each team will be determined by each team.

To be eligible for the Championship meet, participants must swim in at least two of the team's scheduled (and held) dual meets.

On arrival, the visiting team should present line-up sheets to the official scorer. After the start of the meet, changes in line-up may be made at the scorer's table.

The first half of the season will be free style relays. The second half will be medley relays.

Good sportsmanship and proper behavior is expected from all participants, including coaches, swimmers and fans. Team rowdiness or individual disorderly conduct can constitute grounds for protest.

Swimmers must compete in the age group that corresponds to their age as of May 31st. Exceptions are made for a swimmer to swim in an older age group.

Swimmers are restricted to a total of three events per meet with at least one event being a relay in the dual meet season and championship meet.

Disqualifications

Each swimmer is permitted a maximum of two false starts.

If a swimmer enters the wrong lane, but does not come in contact with another swimmer or interfere with that swimmer, he/she may not be disqualified

Two simultaneous hand touches are required for breaststroke and butterfly finish.

Any act that would give a swimmer or team an unfair advantage over other swimmers or teams can lead to disqualification. These acts include, early starts, interference, extra underwater strokes, incorrect strokes, excess kicks and intentional false starts.

Technical rule infractions should be noted and referred to swim coaches so that they may aid the swimmer to better learn the strokes. Flagrant stroke infractions shall result in disqualification.

The meet director will consult with the two across the board judges to determine whether the strokes should cause disqualification. The final decision rests with the meet director.

If an ineligible swimmer participates as a eligible participant, a protest may be made to the league which could result in a forfeiture of the meet.

Age Groups

Girls 8&U – Boys 8&U

Girls 9/10 – Boys 9/10

Girls 11/12 – Boys 11/12

Girls 13/14 – Boys 13/14

Girls 15/17 – Boys 15/17

8 and under swimmers will swim at home meets only. All 8 and under swimmers will swim unofficially.

Scoring

Dual Meets

| Individual | Relay |
|-------------------------|------------------------|
| First Place – 5 points | First Place – 5 points |
| Second Place – 3 points | |
| Third Place – 1 point | |

League Championships

| Place | Individual | Relay |
|-----------------|------------|-----------|
| 1 st | 6 points | 14 points |
| 2 nd | 5 points | 10 points |
| 3 rd | 4 points | 8 points |
| 4 th | 3 points | 6 points |
| 5 th | 2 points | 4 points |

Order of Events

- | | |
|-------------------------------|--------------------------|
| 1. Girls 12/under 100 IM | 28. Boys 9/10 25 Back |
| 2. Boys 12/under 100 IM | 29. Girls 11/12 50 Back |
| 3. Girls 13/up 200 IM | 30. Boys 11/12 50 Back |
| 4. Boys 13/up 200 IM | 31. Girls 13/14 50 Back |
| 5. Girls 8/under 25 Free * | 32. Boys 13/14 50 Back |
| 6. Boys 8/under 25 Free * | 33. Girls 15/17 50 Back |
| 7. Girls 9/10 25 Free | 34. Boys 15/17 50 Back |
| 8. Boys 9/10 25 Free | 35. Girls 8/under 25 Fly |
| 9. Girls 11/12 50 Free | 36. Boys 8/under 25 Fly |
| 10. Boys 11/12 50 Free | 37. Girls 9/10 25 Fly |
| 11. Girls 13/14 50 Free | 38. Boys 9/10 25 Fly |
| 12. Boys 13/14 50 Free | 39. Girls 11/12 50 Fly |
| 13. Girls 15/17 50 Free | 40. Boys 11/12 50 Fly |
| 14. Boys 15/17 50 Free | 41. Girls 13/14 50 Fly |
| 15. Girls 8/under 25 Breast * | 42. Boys 13/14 50 Fly |
| 16. Boys 8/under 25 Breast * | 43. Girls 15/17 50 Fly |
| 17. Girls 9/10 25 Breast | 44. Boys 15/17 50 Fly |
| 18. Boys 9/10 25 Breast | 45. Girls 8/under Relay |
| 19. Girls 11/12 50 Breast | 46. Boys 8/under Relay |
| 20. Boys 11/12 50 Breast | 47. Girls 9/10 Relay |
| 21. Girls 13/14 50 Breast | 48. Boys 9/10 Relay |
| 22. Boys 13/14 50 Breast | 49. Girls 11/12 Relay |
| 23. Girls 15/17 50 Breast | 50. Boys 11/12 Relay |
| 24. Boys 15/17 50 Breast | 51. Girls 13/14 Relay |
| 25. Girls 8/under 25 Back | 52. Boys 13/14 Relay |
| 26. Boys 8/under 25 Back | 53. Girls 15/17 Relay |
| 27. Girls 9/10 25 Back | 54. Boys 15/17 Relay |

*Unofficial Events

There shall be no announcing swimmer's names at dual meets.

When in the water starts are mandated due to state requirements, starts other than backstroke must be made with at least one hand and one foot in contact with the side of the pool or block. For relays, at least one hand or one foot must be in contact with the end of the pool or block, until the previous swimmer has made contact with the end of the pool.

Protests

Coaches should try to settle any and all misunderstandings at the scene of the meet. This must be done quietly and efficiently. Please do not let spectators, including parents, interfere. If an official protest is lodged, it should be done in writing and sent to the league president, who will call together representatives of all teams not involved to discuss and resolve the protest.

League Administration

The administration of the league will be rotated on a yearly basis from one team to another. TBA will be responsible for 2010. It will follow in alphabetical order. If for some reason a team can't be the league administrator the administration will go the next team in alphabetical order. This will include organizing the championship meet and other league business.

Results and Publicity

The home team will be responsible for notifying the league in charge for that year of the meet results. Other towns interested in acquiring meet results should call the coach or parent board member of the league in charge. Coaches shall send an official score sheet copy to the league in charge within 48 hours of completion of each meet in order to provide for ascertaining eligibility of swimmers for the championship meet. Publicity is beneficial to everyone. The publicity releases should be in keeping with good sportsmanship.