

# **CENTRAL ARIZONA SWIMMING** **LEAGUE RULES**

**(Revised 04/2023)**

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## **SCORING-Individual Meets**

Individual	Relays
1 <sup>st</sup> - 6 <sup>th</sup>	1 <sup>st</sup> - 4 <sup>th</sup>
7-5-4-3-2-1	10-5-3-1

## **SCORING-Championship**

Individual	Relays
1 <sup>st</sup> - 8 <sup>th</sup>	1 <sup>st</sup> - 8 <sup>th</sup>
9-7-6-5-4-3-2-1	18-14-12-10-8-6-4-2

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Because you cannot always place your best swimmers in the first heat, we take the six best times from all heats for the individual strokes and the four best times in the relays. No in-water assistance for any swimmer.

## **AGE GROUPS**

6 & Under	Swim one length in individual events
7/8	Swim one length in individual events and relays
9/10	Swim two lengths in all races (25 yard pool)
11/12	Swim two lengths in all races (25 yard pool)
13/14	Swim four lengths in stroke races (25 yard pool)
15/18	Swim four lengths in stroke races (25 yard pool)

Relays are also divided by these same age groups, for swimmers ages 7 and up.

## **GENERAL GUIDELINES**

For individual strokes swimmers must remain in the water until all swimmers complete the stroke and the starter removes them. First warning is given by the coach, second warning results in disqualification of the race.

Because we do not always have enough to make a four man relay team we allow two and three man teams with one or two people swimming twice. We also allow a swimmer to move up an age group for the relays if needed, (if a swimmer

chooses to move up an age group for individual strokes the swimmer will do so for the entire meet). (No swimmers are allowed to move down age groups)

Swimmers may swim all individual events and two relays in regular meets.

The swimmer's age as of June 1 will be his/her swimming age group for the entire summer.

All swimmers must compete in at least two (2) meets to be eligible for the League Championship Meet.

Timers must remain impartial (no judging or officiating) and must stand while race is coming to a finish to obtain an accurate time.

Judges must keep track of the reason for disqualification to assist the swimmer for future events.

Stopwatches must stop when any portion of a swimmer's body touches the wall.

Ribbon awarding is up to each individual home team.

Volunteers must be secured for away meets (timers, scorers, etc.) as well as home meets. Each DQ must be accompanied by a reason.

Each team is encouraged to provide a stroke judge at away and home meets. The coaches decided to have the entire season consistent on disqualification. Please advise your judges to keep this in mind at each meet.

Someone is to have and begin a backup stopwatch during each race (in case of timer malfunction).

All age groups will score even if other community doesn't have any swimmers.

The order we swim the strokes is:

(1) Individual Medley	Butterfly, Backstroke, Breaststroke and Freestyle
(2) Medley Relay	Backstroke, Breaststroke, Butterfly, Freestyle (Front Crawl)
(3) Butterfly	
(4) Backstroke	
(5) 100 Freestyle ( 9 and Up)	50 Freestyle for 8 and under age group
(6) Breaststroke	
(7) Freestyle	
(8) Free Relay	

6 & under will not be disqualified, however if an illegal stroke or kick gives them an advantage, they will receive last place or places.

7/8 will be disqualified if they are not doing the correct stroke or do not do proper 2-hand touches. 7/8 will be disqualified for being past vertical toward the breast while doing backstroke. 7/8 swimmers will be placed last if they use an illegal stroke or kick that gives them an advantage, push in the forward direction off of the bottom of the pool, or leave early during a relay exchange.

Judging must be as equal as possible throughout the season.

Touching the bottom is permitted by the swimmers only if there is no forward motion when pushing off.

No child can use the lane lines for forward motion.

If a swimmer passes themselves off as another person, he/she will be disqualified for the entire meet.

## **GUIDELINES FOR STROKES**

Adapted for the 2023 season directly from the 2023 USA Swimming Rules and Regulations. The Backstroke Rules have been modified to match High School Swimming Rules:

### **BREASTSTROKE**

After the start and after each turn when the swimmer leaves the wall, the body shall be kept on the breast. It is not permitted to roll onto the back at any time except at the turn after the touch of the wall where it is permissible to turn in any manner as long as the body is on the breast when leaving the wall. Throughout the race the stroke cycle must be one arm stroke and one leg kick in that order.

All movements of the arms shall be simultaneous without alternating movement. The hands shall be pushed forward together from the breast on, under, or over the water. The elbows shall be under water except for the final stroke before the turn, during the turn and for the final stroke at the finish. The hands shall be brought back on or under the surface of the water. The hands shall not be brought back beyond the hip line, except during the first stroke after the start and each turn. During each complete cycle, some part of the swimmer's head shall break the surface of the water. After the start and after each turn, the swimmer may take one arm stroke completely back to the legs. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke.

Kick — After the start and each turn, at any time prior to the first breaststroke kick, a single butterfly kick is permitted. Following which, all movements of the legs shall be simultaneous without alternating movement. The feet must be turned outwards during the propulsive part of the kick. Scissors, alternating movements or downward butterfly kicks are not permitted except as provided herein. Breaking the surface of the water with the feet is allowed unless followed by a downward butterfly kick.

Turns and Finish — At each turn and at the finish of the race, the touch shall be made with both hands separated and simultaneously at, above, or below the water level. At the last stroke before the turn and at the finish, an arm stroke not followed by a leg kick is permitted. The head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during the last complete or incomplete cycle preceding the touch.

### **BUTTERFLY**

After the start and after each turn, the swimmer's shoulders must be at or past the vertical toward the breast. The swimmer is permitted one or more leg kicks, but only one arm pull under

water, which must bring the swimmer to the surface. It shall be permissible for a swimmer to be completely submerged for a distance of not more than 15 meters (16.4 yards) after the start and after each turn. By that point, the head must have broken the surface. The swimmer must remain on the surface until the next turn or finish. From the beginning of the first arm pull, the body shall be kept on the breast except at the turn after the touch of the wall where it is permissible to turn in any manner as long as the body is on the breast when leaving the wall. Both arms must be brought forward simultaneously over the water and pulled back simultaneously under the water throughout the race.

Kick — All up and down movements of the legs and feet must be simultaneous. The position of the legs or the feet need not be on the same level, but they shall not alternate in relation to each other. A scissors or breaststroke kicking movement is not permitted.

Turns — At each turn the body shall be on the breast. The touch shall be made with both hands separated and simultaneously at, above, or below the water surface. Once a touch has been made, the swimmer may turn in any manner desired. The shoulders must be at or past the vertical toward the breast when the swimmer leaves the wall.

Finish — At the finish, the body shall be on the breast and the touch shall be made with both hands separated and simultaneously at, above, or below the water surface.

## **BACKSTROKE**

The swimmer shall push off on his back and continue swimming on the back throughout the race. Some part of the swimmer must break the surface of the water throughout the race, except it is permissible for the swimmer to be completely submerged during the turn and for a distance of not more than 15 meters (16.4 yards) after the start and after each turn. By that point, the head must have broken the surface of the water.

Turns — Upon completion of each length, some part of the swimmer must touch the wall. During the turn the shoulders may be turned past the vertical toward the breast after which a continuous single arm pull or continuous simultaneous double arm pull may be used to initiate the turn. The swimmer must have returned to a position on the back upon leaving the wall.

Finish — Upon the finish of the race, the swimmer must touch the wall while on the back.

## **FREESTYLE**

In an event designated freestyle, the swimmer may swim any style, except that in a medley relay or an individual medley event, freestyle means any style other than butterfly, breaststroke or backstroke. Some part of the swimmer must break the surface of the water throughout the race, except it shall be permissible for the swimmer to be completely submerged during the turn and

for a distance of not more than 15 meters (16.4 yards) after the start and each turn. By that point the head must have broken the surface.

Turns — Upon completion of each length the swimmer must touch the wall.

Finish — The swimmer shall have finished the race when any part of his person touches the wall after completing the prescribed distance.

## **INDIVIDUAL MEDLEY**

The swimmer shall swim the prescribed distance in the following order: the first one-fourth, butterfly; the second one-fourth, backstroke; the third one-fourth, breaststroke; and the last one-fourth, freestyle.

Start — The forward start shall be used.

Stroke — The stroke for each one-fourth of the designated distance shall follow the prescribed rules for that stroke, except in the freestyle, the swimmer must be on the breast except when executing a turn.

Turns - Intermediate turns within each stroke shall conform to the turn rules for that stroke, except that in the freestyle turn, the swimmer must return to the breast before any kick or stroke. The turns when changing from one stroke to another shall conform to the finish rules for the stroke just completed, and shall be as follows: (1) Butterfly to Backstroke — Once a legal touch has been made, the swimmer may turn in any manner, but the shoulders must be at or past the vertical toward the back when the swimmer leaves the wall. (2) Backstroke to Breaststroke — The swimmer must touch the wall while on the back. Once a legal touch has been made, the swimmer may turn in any manner but the shoulders must be at or past the vertical toward the breast when the swimmer leaves the wall and the prescribed breaststroke form must be attained prior to the first arm stroke. (3) Breaststroke to Freestyle — Once a legal touch has been made, the swimmer may turn in any manner and must return to the breast before any kick or stroke.

4 Finish — The swimmer shall have finished the race when any part of his/her person touches the wall after the prescribed distance.

## **MEDLEY RELAY**

The Medley Relay is Backstroke, Breaststroke, Butterfly, and Freestyle.

Each leg of the race shall be judged by the rules pertaining to that stroke and each transition from one stroke to another shall conform to the finish rules of that stroke.

## **RELAY TAKE-OFFS**

- Watch the feet of the swimmer on the block. When the feet of the swimmer on the block leave the starting platform, look down to the pool to see if the incoming swimmer has touched the wall. If so, the exchange is good.
- In recording your observation, an O indicates a good take-off and an X represents an early take-off. ***Do not raise your hand*** for an early take-off as this is dual confirmation.

## **STARTING**

- Absolutely no movement on the blocks before start of race.
- All swimmers leaving their marks, before the starting signal is given, shall be charged with a false start, except that swimmer who has false started because of the action or movement of another competitor may be relieved of the responsibility for the false start and a false start may be charged only to the offender.

# **CENTRAL ARIZONA SWIM ASSOCIATION** **INVITATIONAL LEAGUE CHAMPIONSHIP**

At the League Championship Meet:

Each team may enter up to 4 swimmers in individual events, however, only the top three (3) swimmers from each team will be eligible to score points (provided they finish in the top 8).

Each team may only enter two (2) relay teams in each event per age group.

Relays may have one or two alternate swimmers.

No changes will be made on the day of the meet – **NO EXCEPTIONS!**

A swimmer may swim three (3) individual and two (2) relays. No swimmer may swim four (4) individual events.

A meet referee will coordinate officiating at the League Championship Meet.

**ALL HEAD COACHES ARE PROHIBITED FROM COMPETING.**  
**ASSISTANTS MAY COMPETE IF THEY ARE 18 YEARS OR YOUNGER.**



# **CENTRAL ARIZONA LEAGUE**

## **RULES OF CONDUCT**

1. Only coaches and meet officials allowed inside the flagged area.
2. Only swimmers that have been called for the respective races are allowed on the heat deck.
3. All swimmers will remain away and out of the pool and wader pool through the meet and must remain with the team at all times to help eliminate congestion and to aid in the progress of the meet.
4. All judgment calls made by meet officials are impartial and final, protest can only be made on the rulings by the coaches.
5. Only coaches and meet officials are allowed to speak to the judges; timers, athletes, and spectators may not.
6. Misconduct or interference with the meet by a spectator or participant will result in dismissal from the pool.
7. As a respectful fan, I will encourage good sportsmanship by demonstrating support, care, and encouragement for all athletes, coaches, and officials.
8. The host team is required to have all participant equipment to run meet. (I.e. lane lines, back stroke flags, etc.)
9. All fans and other participants are required to remain silent while a race is beginning.

## **2006 Revisions**

- 6 and Under Relays will no longer be held at any meets
- 6 and Unders ( and all other swimmers) will be required to finish individual races in a reasonable amount of time
- Any False starts for 13-14 and 15-18 age group will result in immediate DQ
- Each Team is responsible for training 3 officials (using a video) and having at least one available at each meet
- Coaches are no longer allowed to officiate or pick order of finish (finish Judge) during meets
- 100 Free and 100 IM will be continued this year for ages 11 and up - host teams at dual meets have the option of not holding these events if time is an issue
- Only 1 relay team per age group may have 2 swimmers, all other relay teams must have 3 or 4 swimmers. (2 swimmer relays are discouraged)

## **2009 Revision**

- Races in 100 Free and 100 IM will held for 9-10 age group this year.
- 15-18 age group will swim 100 Fly, Back, and Breast (instead of 50s) and 200 IM (instead of 100 IM)

## **2010 Revision**

- Races in 50 Free and 100 IM will held for 7-8 age group this year in addition to 25 of each stroke.
- 13-14 age group will swim 100 Fly, Back, and Breast (instead of 50s) and 200 IM (instead of 100 IM)

## **2012 Revision**

- Teams are not allowed to form more than 2 relays if they have 8 or less swimmers in an age group (or 3 relays if they have 12 or less. . .)
- Kinesiology tape is only permitted during competition with prior approval
- Disqualification in 7/8 Backstroke for going past vertical toward breast (on Stomach)
- Swimmer may only represent one team (community) at the League Championship Meet
- Swimmers are allowed to swim 3 individual and 2 relay events at the league championship meet (swimming 4 individual events is not permitted)

### **2014 Revision**

- Backstrokers are not permitted to be underwater at the finish.
- Hands must be separated during Butterfly and Breaststroke turns and finishes.

### **2015 Revision**

- A clarification was made for the 7/8 swimmers as to which infractions result in disqualification and which infractions result in swimmer being placed last.
- Backstroke turns will be judged using the less stringent Arizona High School rules (which allows a swimmer to not immediately initiate the turn after the one pull on the breast, provided they are inside the flags and no additional pulls are made on the breast)

### **2022 Update**

The colors of each team's time cards were updated and are listed below:

Globe – Bright Yellow  
San Manuel – Blue  
Tucson – Orange  
Florence – Pink

Parkside – Green  
Coolidge – White  
Eloy – Grey

### **2023 Update**

Teams will be limited to 4 swimmers per event at the League Championship Meet (only the top 3 score).