

CENTRAL ARIZONA SWIMMING **LEAGUE RULES**

(Revised 04/19)

SCORING-Individual Meets

Individual	Relays
1 st - 6 th	1 st - 4 th
7-5-4-3-2-1	10-5-3-1

SCORING-Championship

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

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 2008 season directly from the 2008 USA Swimming Rules and Regulations. To find a copy of the recommended stroke briefings please go to:
<http://www.usa-swimming.org/programs/officials>

BREASTSTROKE

- After the start and 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. Throughout the race the stroke cycle must be one arm stroke and one leg kick in that order.
- After the start and each turn, a single butterfly kick, which must be followed by a breaststroke kick, is permitted during or at the completion of the first arm pull, following which all movements of the legs shall be simultaneous and in the same horizontal plane without alternating movement.
- 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 arm pull.
- The hands shall be pushed forward together from the breast on, under or over the water. The elbows shall be under the 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.
- The feet must be turned outwards during the propulsive part of the kick. There shall be no scissors, flutter or downward butterfly kick. Breaking the surface of the water with the feet is allowed unless followed by a downward butterfly kick.
- 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. 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 each turn, the swimmer's shoulders ***shall*** be at or past vertical towards the breast.
- The swimmer may take as many kicks as they want but when they begin their first arm pull, the body shall be kept on the breast and that first arm pull must bring them to the surface of the water.
- After the start, the head must break the surface of the water by the 15-M mark and some part of the body must remain on the water surface throughout the swim, except for the first 15-M after each turn. The body may be submerged at the turn.
- During the swim, the arms must recover simultaneously over the water surface.
- All movements of the legs and feet shall be simultaneous. There shall be no alternating, scissors or breaststroke kicking movement (toes turned outward during the propulsive part of the kick).
- At the turns and the finish, there shall be a two hand separated and simultaneous touch (rules comm. interpretation).
- After the final pull into the wall at turns and finish, the body should be on the breast.

BACKSTROKE

- Immediately following the start, standing in or curling toes over the lip of the gutter is not permitted (rules comm. Interpretation).
- The swimmer ***must*** be at or past the vertical towards the back during the swim.
- After the start, the head must break the surface of the water by the 15-M and some part of the body must remain on the water surface throughout the swim, except for the first 15-M after each turn.
- At each turn, some part of the swimmer must touch the wall.
- The swimmer ***may*** turn past the vertical towards the breast, at which time they ***may*** execute a single or simultaneous double arm pull, which may be used to execute the turn.
- The swimmer ***must*** be towards the back when the feet leave the wall after each turn and ***must*** touch the wall at the finish while on the back.

FREESTYLE

- The swimmer may choose to swim any style they want but their head ***must*** break the surface of the water by the 15-M mark after the start.
- Some part of the body must remain on the water surface throughout the race except for the first 15-M after each turn (rules comm. Interpretation). The body may be submerged at the turn.
- Some part of the swimmer's body ***must*** touch the wall at the end of each length of the swim.

INDIVIDUAL MEDLEY/MEDLEY RELAY

- The Individual Medley is swim in the following order: Butterfly, Backstroke, Breaststroke and Freestyle. Freestyle is to be done in any stroke other than the previous three (rules comm. Interpretation).
- 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 an unlimited number of 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)

2019 Clarification

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

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

Parkside – Florescent Orange
Coolidge – White
Eloy – Grey