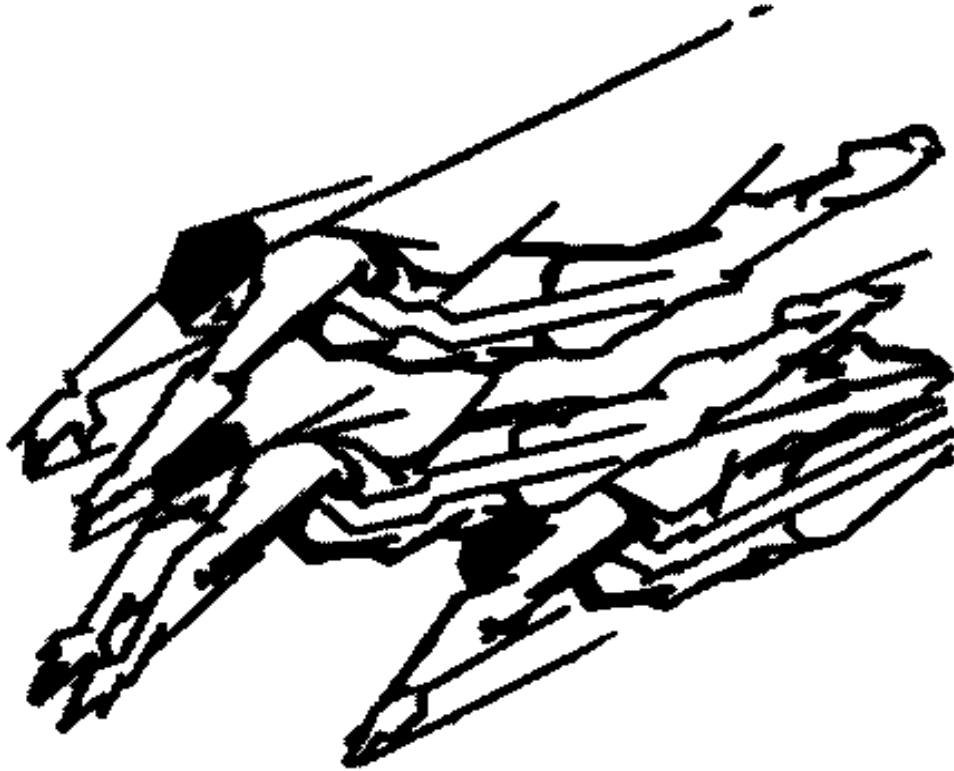


# **The Atlanta Adult Swim League**



## **Rules and Regulations ~ 2010 ~**

# The Atlanta Swim League

## Adult Swim League Rule Book

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## ADULT SWIM LEAGUE FEE SCHEDULE

Total cost to swim

\$25 per swimmer

Dual Meet Officials: The cost of a starter/referee will be \$50.00 per meet and is split by the 2 teams. In the case of inclement weather the referee will be paid the full fee (split by both teams) regardless of how many events are completed

Entry Fee for League Championship: The entry fee for the League Championship meet is included in your yearly dues. **Late entries are allowed for the league championship meet on a lane availability basis for individual events only at a cost of \$20 per event. Changing of events at the league championship is not permitted.**

Payment of Fees: To be eligible for membership on a team swimming in the ASL Adult Swim League you must register with the league and pay an annual membership fee of \$25. Registration with the league can be done at [www.atlantaswimming.com](http://www.atlantaswimming.com).

Teams will receive the following items for their dues payment:

- Scheduling of 4 dual meets
- Awards for championship meet.
- Rulebooks
- Maps to all pools in the league
- League newsletters
- Insurance (Benefit coverage for: Accidental Medical, Dental and Death and Dismemberment)
- Waiver/Release Program
- Enhanced league web site [www.atlantaswimming.com](http://www.atlantaswimming.com)

## ADULT SWIM LEAGUE DATES

### DUAL MEET DATES

Friday, June 4	Dual Meet
Friday, June 11	Dual Meet
Friday, June 18	Dual Meet
Friday, June 25	Dual Meet
Sunday, June 27	Championship

\*Teams may reschedule meets with mutual agreement of both teams

### **Adult Swim League Championships**

The meet will be held Friday, June 26. The meet will follow the normal order of events and will be a timed finals event.

### **Children's Healthcare of Atlanta Kids for Kids Championship**

Saturday, June 12 at Marist 9:00 a.m. for more information about the event please visit [www.atlantaswimming.com/KFKHome.asp](http://www.atlantaswimming.com/KFKHome.asp)

## Adult Swim League Sportsmanship

The Adult Swim League has a Code of Ethics that is used as a guide for the swim league. Adherence to this code is required, and failure to comply with these standards may result in disciplinary action from the league.

**All** Team Representatives, Coaches, Participants, Official, and Spectators will treat other Team Representatives, Coaches, Participants, Officials, and Spectators with respect.

**All** Team Representatives, Coaches, and Officials will lead by example in demonstrating fair play and sportsmanship for all participants.

**All** Team Representatives, Coaches, and Officials will encourage good sportsmanship by demonstrating positive support for all participants, coaches, and officials at every event, practice, and meeting.

**All** Team Representatives, Coaches, and Officials shall provide support for coaches and officials working with the league to provide a positive and enjoyable experience for all.

**All** Team Representatives, Coaches, and Officials will place the emotional and physical well being of their participants ahead of a personal desire to win.

**All** Team Representatives, Coaches, and Officials will do their best to provide a safe environment for every one.

**Individuals not complying with these rules will be subject to suspension or dismissal from the league. A panel of League Officials, Team Representatives and Coaches will be responsible for hearing any complaints pertaining to this rule during the season and rendering any penalty if necessary.**

### MINIMUM EQUIPMENT AND PERSONNEL

Minimum required equipment and supplies:

1. Starting blocks (provided pool meets league depth requirements)
2. Chairs behind each lane
3. Backstroke flags at each end
4. Lane ropes
5. Lane markers
6. Bullhorn for starter
7. Starting signal (gun, whistle or horn)
8. 2 Clip boards for place judges
9. Table for scoring

Minimum personnel:

1. One starter/referee (provided by the league)
2. Two place judges (one from each team)
3. Two score keepers (one from each team)
4. Timers (Optional, Not Required)

Responsibilities of Home Team:

1. Prepare the pool for the meet by having all paperwork completed. Arrange seating for meet officials, set up pool and any other preparation necessary prior to turning over the meet to the starter/referee.
2. Home team is responsible for calling in score of meets, **right after the meet**, to Matt Murphy at (678) 463-5678 leave a message if there is no answer. Teams may e mail the score instead of phoning, please e mail scores to [matt@atlantaswimming.com](mailto:matt@atlantaswimming.com)

## Responsibilities of both teams:

1. Lineups will be exchanged 30 min before the meet. The home team will compile the lineups of both teams on the official league score sheet.
2. Each team is responsible for bringing any necessary snacks and water. Most pools will not have concession stands open during the meet.

### **JOB DESCRIPTIONS OF PERSONNEL NEEDED FOR SWIM MEET**

1. **Starter Referee.** The starter referee is provided by the league to act as an impartial third party. This person is responsible for any conflicts that may arise during the course of the meet. The starter/referee will start all races and act as a stroke and turn judge during the event. If the starter/referee decides to disqualify a swimmer during an event he/she will signal by raising his/her hand and inform the place judges of the disqualification at the end of the event. At times the referee may be late or may be unable to show up. In this case, a person shall be appointed with the consent of both teams to act as the starter referee. Atlanta is a big city and travel can be difficult. The two teams need to work out any of these potential difficulties between each other when they occur.
2. **Place Judges.** *Each team* shall provide a place judge. The judges must in all events and, at all times command a clear view of the race and finish line. Judges shall not serve as timers in the same race. The judges are to judge the place finishes as they see them. The judges are to write the place finish on their updated copy of the meet program. The place judges override the times and the starter/referee over rides the place judges if there is a dispute.
3. **Timers (optional).** *Each team* shall provide timers for each of their team's lanes. The timer shall look at the starter's gun and start the watch at the instant of the flash or smoke of the gun or starting device. The timer shall stop the watch immediately when any part of the swimmer's body touches the solid end of the pool as defined by the USS rulebook. The second timer shall record times on the timer's worksheet.

### **ADULT SWIM LEAGUE RULES FOR DUAL MEETS**

1. **SCHEDULE:** Most inter-club dual meets are scheduled for Friday Nights. Meets are to be started promptly at 7:30 p.m., unless otherwise mutually agreed upon by the two team representatives or coaches. Each team should receive at least 20 minutes of warm-up with use of all available competitive lanes. The home team will warm up first.
2. **SIGNED WAIVERS** – Swimmers competing in the Atlanta Adult Swim league must complete and sign waiver release form each season. This form can be viewed and downloaded from our league website [www.atlantaswimming.com](http://www.atlantaswimming.com). If a team does not send in a signed waiver form/forms for each participant, they jeopardize their league provided swimmer's insurance coverage. It should be and must be made clear that a signed waiver form is part of the league rules.
3. **PARTICIPATION:**
  - A. The age control date for the league is the swimmer's age as of **June 1st**.
  - B. A swimmer may represent only one team within the league
  - C. Each club may enter two swimmers for team points in each individual event. Each swimmer may enter two individual scoring events and two relays (one medley and one free) with the following exceptions:

A swimmer may enter a third individual scoring event to fill all legal lanes provided all other swimmers from that team in that age group are entered in at least two individual scoring events. A swimmer may not enter in more than three individual scoring events.
  - D. Captains may enter swimmers in exhibition events providing that there are lanes available in the scoring heats. No additional heats may be added.

- E. A swimmer may be entered in a younger age group. For example someone in the 40 and over age group can swim in the 19 – 29 or 30 - 39 age group.
  - F. To be eligible for the championship meet a swimmer must swim in 1 regular season dual meet.
4. **TEAM ROSTER:** Each team must maintain a team roster online. Only swimmers who have joined the league and paid their registration fee may be added to a team roster. Only swimmers listed on the team roster at lineup exchange time are allowed to swim in the meet. Teams may add swimmers to the roster all season long.
  5. **LINEUP EXCHANGE:** The captains of both teams will exchange meet lineups 30 min before the swim meet. The home team will compile the lineups of both teams on the official league score sheet
  6. **SUBSTITUTIONS:** Substitutions must be made within three events prior to the changing event. Relay substitutions may be made up to the event during the meet.
  7. **LANE ASSIGNMENTS:** The home team swims in even lanes the visitor in the odd lanes.
  8. **STARTER/REFEREE:** This person is supplied by the league and should arrive 15 minutes before the start of the meet. Prior to the start of the meet, the starter/referee will call a brief meeting so that the starter/referee can go over the rules with the two coaches, timers and judges. The starter/referee has final responsibility for all judgments and conduct of the meet.
  9. **DUAL MEETS ARE JUDGED FINAL:** The finish judges will pick the order of finish by sight. Watches will not be consulted for places. If the finish judges cannot agree, the starter/referee will break the tie if possible. If the starter/referee cannot break the tie, a tie place will be awarded, dual ribbons will be awarded, and points will be split.
  10. **MIXED RELAY:** Event # 33 is the 200 yard mixed relay. A legal relay in this event consists of 1 female swimmer and 1 swimmer in the 40 & over age group. 1 Member of the relay team cannot satisfy both requirements. (i.e.: Swimmer A = Female, Swimmer B = 40&over, Swimmer C = any age group, Swimmer D = any age group)
  11. **200 FREESTYLE:** Events # 33 and 34 are the 200-yard Freestyle events. These are multi age group events and you may enter anyone in these events that are in the 2 age groups they cover. However Maximum event swims rules still apply.
  12. **ROPED OFF AREA:** At least one side of the pool must be completely roped off. This area should be accessible to only authorized meet personnel.

13. **SCORING**

A. Dual Meets

Individual Events: (only two swimmers per team may score points)

1st - 5 points

2nd - 3 points

3rd - 1 point

Relays: (only one relay per team may score points)

1st - 7 points

2nd - 3 points

**Exhibition Events: Do not score points**

B. Ties

Example for first place tie:

Individual:	1st place	5 points
	2nd place	+3 points
		8 points

**4 points go to each team**  
**The next place is awarded 3rd place points.**

Relays: 1st place	7 points
2nd place	+3 points
	10 points

**5 points go to each team.**

- C. **Sweep:** No team can score first, second and third place points in an individual event; nor can a team score first and second place points in a relay event. If one team takes first and second place in a relay event; or first, second and third place in an individual event the opposing team can receive second place points in the relay, or third place points in the individual event as long as they have a relay or swimmer legally complete the race.

#### D. Championship Meet Scoring

Places: 1<sup>st</sup> 2<sup>nd</sup> 3<sup>rd</sup> 4<sup>th</sup> 5<sup>th</sup> 6<sup>th</sup> 7<sup>th</sup> 8<sup>th</sup> 9<sup>th</sup> 10<sup>th</sup>

Points: 14 11 10 9 8 7 6 5 4 3

Relays events double the above scoring

1. A team may only enter 2 relays per event.
2. Top 10 will score in individual events and relays.
3. A team may only score one relay per relay event in the championship.

#### 13. BASIC RULES FOR STROKES, TURNS AND STARTS:

- A. No swimmer shall use an illegal stroke; turn or kick to better their performance against their competition, or in violation of basic accepted swimming techniques. Violation will result in disqualification from that event at the discretion of the stroke and turn judge consistent with the rules.
- B. All rules herein have been adapted from the current edition of the United States Swimming Rules and Regulations Publication. With the following clarification:

False Start: If the starter charges a false start in an event, the first false start will be charged to everyone in the heat. If a second false start is charged in an event, it will be charged only to the individual(s) false starting and that (those) individual(s) will be disqualified and not permitted to swim that event. False starts in the League Championship will be charged to the individual and not the field.

#### 14. STARTING BLOCKS

- A. In pools with water depth of less than 3feet 6 inches at the start end all swimmers must start from in the water at the start end of the pool that the swimmer is entering the water from.
- B. In pools with water depth of more than 3feet 6 inches, but less than 4 feet at the start end all swimmers must start from the pool deck or in the water at the start end of the pool that the swimmer is entering the water from.
- C. In pools with water depth of 4 feet or greater at the start end, all swimmers must start from starting platforms no higher than 30 inches above the water surface, or swimmers must start from the pool deck.
- D. Water depth should be measured from 1 meter to 5 meters from the end of the pool that the swimmer is entering the water.
- E. All teams must adhere to these standards in all dual meets.

15. **CANCELLATION / POSTPONEMENT OF MEETS:** Every effort must be made to swim each meet as scheduled. In the event of inclement weather, each team must show up at the pool on time. If at 7:30 PM the weather still precludes the meet from starting, the team captains, and the starter/referee will meet and decide whether to postpone or reschedule the meet. **Care for the safety of the swimmers and spectators should be of the utmost importance in deciding whether or not to continue competition.**

IF the meet is delayed more than 30 minutes due to Inclement Weather AND half the events have been completed (16 events) AND there is a decisive winner (40 point lead or more), THEN, the meet will be called and the leader takes the win.

IF the meet is delayed more than 30 minutes due to Inclement Weather AND less than half the events have been completed (less than 16 events) OR if there is no decisive lead (less than a 40 point spread), THEN, the captain from each team should:

Agree to continue the delay for an additional 15 minutes, OR  
Agree to reschedule (if there is sufficient time remaining in the season), OR  
Agree to a tie and both teams will be credited with a win.

NOTE: If no agreement can be reached, then the captain of the leading team makes the decision to either reschedule or take the tie. The option to continue the delay must be agreed to by both teams.

If a meet is to be rescheduled, teams should make all efforts possible to swim the meet within one week of the postponed meet. The home team should notify the league office of a rescheduled meet and the need, if any, for a replacement starter/referee. Any rescheduled meet will require each team to repeat the original procedures for a dual meet, this includes the exchange of revised lineups for each team. Teams may change their lineups to deal with the rescheduled date. The postponed meet does not impact the participation of swimmers in the rescheduled meet.

## 16. **PROTESTS, PENALTIES, AND INFRACTIONS FOR CHEATING**

- A. Interference with the smooth operation of a dual meet in the discretion of the starter will result in the following penalties: (all infractions should be reported to league coordinator):
- |                |   |
|----------------|---|
| First Offense  | 10 points                                 |
| Second Offense | 25 points and ejection of offending party |
- B. Lineup or participation infractions, not caught prior to the meet, should be immediately reported by the deck manager to the starter/referee before the start of the next event. The following are the penalties for lineup or participation infractions:
- |                |                             |
|----------------|-----------------------------|
| First Offense  | Forfeit all points in event |
| Second Offense | 25 Points                   |
| Third Offense  | Forfeiture of meet          |
- C. All protests must be submitted in writing to league office along with a copy of the meet results within 48 hours of the conclusion of the meet. All protests must be accompanied by a \$20 fee, that is refundable if the protest is upheld.
- D. Protests will be decided by a panel of team representatives that have not competed against either team involved in the protested meet. This panel will decide all protests within one week of the filing of the protest. Decisions of the panel are final.

## 17. **DON'T CHEAT!**

## ORDER OF EVENTS — DUAL MEET

Event # 1	19–29 Women’s	200 Medley Relay
Event # 2	19–29 Men’s	200 Medley Relay
Event # 3	30–39 Women’s	200 Medley Relay
Event # 4	30–39 Men’s	200 Medley Relay
Event # 5	40 & Over Women’s	200 Medley Relay
Event # 6	40 & Over Men’s	200 Medley Relay
Event # 7	19–29 Women’s	50 Freestyle
Event # 8	19–29 Men’s	50 Freestyle
Event # 9	30–39 Women’s	50 Freestyle
Event # 10	30–39 Men’s	50 Freestyle
Event # 11	40 & Over Women’s	50 Freestyle
Event # 12	40 & Over Men’s	50 Freestyle
Event # 13	50 & Over Women’s	50 Freestyle
Event # 14	50 & Over Men’s	50 Freestyle
Event # 15	19–29 Women’s	50 Backstroke
Event # 16	19–29 Men’s	50 Backstroke
Event # 17	30–39 Women’s	50 Backstroke
Event # 18	30–39 Men’s	50 Backstroke
Event # 19	40 & Over Women’s	50 Backstroke
Event # 20	40 & Over Men’s	50 Backstroke
Event # 21	19–29 Women’s	100 Ind.Medley
Event # 22	19–29 Men’s	100 Ind.Medley
Event # 23	30–39 Women’s	100 Ind.Medley
Event # 24	30–39 Men’s	100 Ind.Medley
Event # 25	40 & Over Women’s	100 Ind.Medley
Event # 26	40 & Over Men’s	100 Ind.Medley
Event # 27	19–29 Women’s	50 Breaststroke
Event # 28	19–29 Men’s	50 Breaststroke
Event # 29	30–39 Women’s	50 Breaststroke
Event # 30	30–39 Men’s	50 Breaststroke
Event # 31	40 - 49 Women’s	50 Breaststroke
Event # 32	40 - 49 Men’s	50 Breaststroke
Event # 33	50 & Over Women’s	50 Breaststroke
Event # 34	50 & Over Men’s	50 Breaststroke
Event # 35	19-39 Women's	200 Freestyle
Event # 36	19-39 Men's	200 Freestyle
Event # 37	40 & Over Women’s	200 Freestyle
Event # 38	40 & Over Men’s	200 Freestyle
Event # 39	Mixed	200 Freestyle Relay
Event # 40	19–29 Women’s	50 Butterfly
Event # 41	19–29 Men’s	50 Butterfly
Event # 42	30–39 Women’s	50 Butterfly
Event # 43	30–39 Men’s	50 Butterfly
Event # 44	40 & Over Women’s	50 Butterfly
Event # 45	40 & Over Men’s	50 Butterfly
Event # 46	19–29 Women’s	200 Freestyle Relay
Event # 47	19–29 Men’s	200 Freestyle Relay
Event # 48	30–39 Women’s	200 Freestyle Relay
Event # 49	30–39 Men’s	200 Freestyle Relay
Event # 50	40 & Over Women’s	200 Freestyle Relay
Event # 51	40 & Over Men’s	200 Freestyle Relay