

# League Rules of the Knox-Area Middle School Swim League

## 1. League Organization

1.1 The League will operate as a single league with no divisions. Large teams should schedule other large teams for regular dual competition. Teams with a small number of swimmers should schedule similar size teams for triangular.

1.2 Except as specifically modified by these League Rules, rules governing individual entries and relay entries in dual, and triangular meets shall conform to NFSHSA rules.

## 2. Team Coach Requirements

2.1. All persons wishing to serve as a KMSSL team coach must have successfully completed either the GKAIISA or USA Athlete Protection Training (APT) and the Tennessee State Concussion Training (TSCT) prior to assuming coaching duties for the current season.

2.2. Each team shall send a list of their coaches and proof of APT and TSCT completion to the KMSSL President prior to their first meet of the year. In the case where a coach is added after the original list has been submitted, the name and proof of APT and TSCT completion must be sent to KMSSL before that person is allowed to coach at a KMSSL meet. Failure to comply with this requirement may result in forfeiture of any and all meets and may prevent that team from participation in the KMSSL Championship Meet.

2.3. It is required that each coach repeat the APT certification every 3 years and the TSCT certification every year.

## 3. Athlete Eligibility To Compete

3.1 Students must meet all the academic and residency requirements of their school as for any other interscholastic sport. Middle School swimming is for students who are currently in sixth, seventh, or eighth grade. The student is limited to three (3) years of eligibility.

3.2 Home-School students are allowed to participate in KMSSL dual meets if swimming as EXHIBITION or may participate as a member of a KMSSL-approved home school team. A homeschool student may also attach to a public school team provided that the student has made a request to the school Superintendent by August 1, to try out for the public school swim team. (Tennessee State Law Code Annotated, Section 49-6-3050.)

3.3 Students who attend a middle school which has a KMSSL approved swim team are eligible to swim only for their school's team

3.4 Public and Private school students whose school does not have a team may attach to a team that within their current high school zone.

3.5 If no middle school teams exist within a particular high school zone, middle school students zoned for that high school may form a team. If a middle school team can not be formed then those swimmers affected may petition to the KMSSL board for an exception.

3.6. Students who attend a school in a county other than Knox County may form a County Middle School Team with other students in their county if their school does not have a swim team. Students in counties who do not have enough swimmers to form a team may appeal to the KMSSL Board for approval to join a nearby County Swim Team.

3.7 Students who transfer to another school mid-season must notify the KMSSI board in order to receive approval to participate. Failure to notify the board will result in ineligibility for the KMSSL Championship Meet.

3.8 Teams/swimmers whose circumstance is not addressed by sections 3.2, 3.3,, 3.4 or 3.5 may petition the KMSSL board for an exception.

3.9 Parents and swimmer must sign the Student-Athlete & Parent/Legal Guardian Concussion Statement as required by the State of Tennessee for youth sports participation.

## 4. Team Eligibility List and Fees

4.1 An Eligibility List containing the names of each competitor who is to participate during the season shall be filed with the Treasurer. All team swimmers are considered competitors and must be listed. If a competitor whose name does not appear on the original list wishes to become a member of the team, they must have their name filed with the Treasurer before they are allowed to participate.

4.2 The Team Eligibility List and fees must be received by KMSSL no later than December 15 for the team to be eligible to participate in the KMSSL Championship Meet. Team Fees received on or before November 15 will be \$5.00 per athlete. Team fees received between November 15 and December 15 will be \$10.00 per athlete

4.3 Unless submission of a competitor's name and fee is postmarked to the Treasurer on or before the day of a meet, the competitor is ineligible to participate in the meet.

4.4 In the case where ineligible swimmers compete in a dual meet, the team(s) having the ineligible athletes shall forfeit the meet.

4.5 Teams must register as being a KMSSL team by notifying the KMSSL president of their intention to compete by September 1.

## 5. Dual and Tri Meets

5.1 Individual swimmers on a League Team must swim in at least one meet to be eligible to compete in the KMSSL Championship Meet. The Ray Bussard Invitational Meet shall count as a qualifying meet for the KMSSL Championship Meet. Swimming as an exhibition swimmer at a qualifying meet shall also count.

5.2 Any team may compete outside of this League on its own initiative.

## 6. Meet Rules and Procedures

Except as specifically modified by the KMSSL Constitution, By-Laws, or League Rules, all KMSSL competition shall be conducted in accordance with the current year National Federation of State High School Association (NFSHSA) Swimming and Diving Rules. Further, the meet rules and procedures may be modified by agreement of the coaches of all participating teams and the Meet Referee.

### Starting and False Start Rules:

Starting and False Start Recall procedures shall be in conformance to the current NFSHSA rules as described in Appendix A;

### Use of Whistles as Preparatory Commands

#### FORWARD STARTS

1. Referee/starter signals the swimmers with a series of short whistles (no fewer than 4) to approach the blocks and prepare to swim, followed by the announcer or referee/starter announcing the event/distance/heat. 2. When all swimmers have approached the blocks, referee/starter blows a long whistle for the heat to step onto the blocks and take their preparatory position. 3. Once all swimmers are on the blocks, the referee immediately turns the heat over to the starter. 4. When the swimmers are prepared, the starter says "take you mark." 5. When the swimmers have assumed the correct starting position and are stationary, starter activates the starting signal.

#### BACKSTROKE STARTS

1. Referee/starter signals the swimmers with a series of short whistles (no fewer than 4) to approach the blocks and prepare to swim, followed by the announcer or referee/starter announcing the event/distance/heat. 2. When all swimmers are at the side of the blocks, referee/starter blows a long whistle for the heat to immediately step into the water. When all swimmers have surfaced, referee/starter blows a second long whistle to have the swimmers return to the wall and immediately assume their starting positions. 3. The procedure is then the same as in steps 3,4,5 in the FORWARD START section.

#### NO-RECALL STARTING PROTOCOL - FOR TWO OFFICIALS – DUAL CONFIRMATION OF THE FALSE START

The referee shall -

1. Upon observing a false start, record in writing the lane or lanes that have committed a false start.  
2. Compare written records with the starter and, upon confirming that both have observed the same violation, will disqualify the swimmers(s). S/he will also notify the swimmers(s) and/or coach(es) of the violation

The starter shall -

1. Upon observing a false start, record in writing the lane of lanes that have committed a false start.  
2. Compare written records with the referee to confirm/not confirm the potential violations(s).

#### FOR ONE OFFICIAL

The official shall -

1. Upon observing a false start, raise a hand with open palm as soon as possible after the start, but before the swimmers have completed their first length, indicating the violation.  
2. At the completion of the race, s/he will also notify the swimmers(s) and /or coach(es) of the disqualification(s).

#### RECALLING THE ENTIRE HEAT

The referee/starter may recall the entire heat -

1. When the start is such that the referee/starter is not satisfied that the race was properly begun, it is always permissible for the referee/starter to recall the entire heat.  
2. It is not necessary to charge any swimmer with a false start under these conditions, although that may also occur.  
3. Things that negatively affect the start – such as a loud noise just as the starting signal is given that affects one of more swimmers – shall be part of any starter's awareness when commencing a race.

## 7 Order of Events

7.1 For the KMSSL League and Championship meets, the following order of events:

WOMEN	MEN	LENGTH	EVENT NAME
1	2	200 yard	MEDLEY RELAY
3	4	200 yard	FREESTYLE
5	6	100 yard	INDIVIDUAL MEDLEY
7	8	50 yard	FREESTYLE
9	10	50 yard	BUTTERFLY
11		200 yard	COED FREE RELAY
13	14	50 yard	BACKSTROKE
15	16	100 yard	FREESTYLE
17	18	50 yard	BREASTSTROKE
19	20	200 yard	FREESTYLE RELAY

7.2 For KMSSL and KISL combined League meets, the following order of events:  
M in the event number indicates KMSSL events.

WOMEN	MEN	LENGTH	EVENT NAME	WOMEN	MEN	LENGTH	EVENT NAME
1	2	200 yd.	MEDLEY RELAY	1M	2M	200 yd.	MEDLEY RELAY
3	4	200 yd.	FREESTYLE	3M	4M	200 yd.	FREESTYLE
5	6	200 yd.	IND. MEDLEY	5M	6M	100 yd.	IND. MEDLEY
7	8	50 yd.	FREESTYLE	7M	8M	50 yd.	FREESTYLE
9	10	1 meter	DIVING				
11	12	100 yd.	BUTTERFLY	11M	12M	50 yd.	BUTTERFLY
13	14	100 yd.	FREESTYLE	13M	14M	100 yd.	FREESTYLE
15	16	500 yd.	FREESTYLE				
17	18	200 yd.	FREE RELAY	17M	18M	200 yd.	FREE RELAY
19	20	100 yd.	BACKSTROKE	19M	20M	50 yd.	BACKSTROKE
21	22	100 yd.	BREASTSTROKE	21M	22M	50 yd.	BREASTSTROKE
23	24	400 yd.	FREE RELAY	23M		200 yd.	CO-ED FR. RELAY

7.3 By mutual consent, coaches may change the order of events and/or the events.

### 8 Individual Entries

8.1 A competitor shall be permitted to enter a maximum of four events, no more than three of which may be individual events.

8.2 A competitor may compete in more than 4 events in a dual meet if the entry cards are designated EXHIBITION before the competitor stands on the block. Exhibition swims do not count as one of the four allowed events but may count as a qualifying time and are subject to disqualification.

8.3 A competitor participating in, or attempting to participate in, more than the allowed number events shall be disqualified from that event and further competition in the swim meet.

### 9 Team Entries

9.1 The number of entries per event by each competing team is determined by whether it is a dual or triangular meet.

9.2 In dual meets, each team may enter a maximum of 3 swimmers in individual events and enter 3 teams in relay events. Additional swimmers or relay teams may be entered if their entry is marked EXHIBITION prior to the start of the event.

9.3 In Double Dual or Triangular meets, the default shall be that each team may have a maximum of 2 scoring entries in individual events and 2 scoring entries in relay events. The default limits may be disregarded by mutual consent of the coaches of the involved teams. Additional swimmers or relay teams may be entered if their entry is marked EXHIBITION prior to the start of the event.

### 10 Meet Scoring

10.1 If more than 1 heat for any event, only first heat will be scored. Additional heats will be run as Exhibition.

10.2 In relay events, swimmers names must be entered on the entry cards and the score sheets.

10.3 Meet scoring shall be according to the KMSSL Scoring Rules shown below.

10.4 In relay events, only 1 relay per team may score.

10.5 Dual Meet Scoring: Individual Events                      Relay Events  
6 - 4 - 3 - 2 - 1 - 0    8 - 4 - 0

Triangular Meet Scoring: Individual Events                      Relay Events  
7 - 5 - 4 - 3 - 2 - 1    8 - 4 - 2

### 11 General Meet Procedures

11.1 Choice of lanes:

11.2 In dual meets, the Home team shall compete in even numbered lanes, the Visiting team shall have odd numbered lanes. Coaches may mutually decide to change lane assignments.

11.3 In triangular meets, choice of lanes by draw or by decision of the coaches involved in the meet.

11.4 Before the start of any League meet, a Meet Referee shall be assigned by the host team and his/her identity made known to all coaches and officials. The Meet Referee shall insure that all officials and deck workers are properly trained to perform their assignments and shall be responsible for the meet being run in a manner fair to all participants.

11.5 All Stroke & Turn Judges must be certified by either KISL or GKAIISA to serve in that position. All KMSSL Starters and Referees must be certified by KISL. KISL and GKAIISA certifications require attending a clinic and passing an exam. USA certified Referees may take the KISL Referee Test as a method of certification without attending the KISL clinic. All Referees, Starters and Stroke & Turn Judges must be a minimum of 18 years old. Normally the Referee and Starter will be supplied by the Host team and the Stroke & Turn Judges will be evenly supplied by the teams involved in the meet. If a team does not have a person certified to fill a particular position, then that team must ask the other teams to fill that position if possible. If there are no certified persons available to fill a position then the Referee may decide to swim the meet without that position filled or may fill the position with a person known to be qualified in the duties of that position. No person may serve as an official in a swim meet where they are also either entered as a competitor or serving as a team coach

11.6 All meet officials and workers, except the referee and the starter, shall be a shared responsibility of the competing teams.

11.7 NFSHSA Relay Takeoff procedures (Rule 4-6) shall be used for KMSSL Dual and Tri meets except that no Relay Takeoff judge shall raise their hand to indicate a possible early takeoff.

11.8 Meet workers should be jointly supplied by both host and visiting teams, for example;

**Visiting team(s) should provide the following workers:**

Lane Timers for Visiting team lanes  
Stroke Judge(s)  
Finish Judge  
Relay Takeoff Judge(s)  
Scorer

**Host team should provide the following workers:**

Referee  
Starter  
Head Timer  
Stroke Judge(s)  
Lane Timers for Host team lanes  
Overcall Finish Judge  
Finish Judge  
Relay Takeoff Judge(s)  
Scorer

Additional workers that may be needed for a particular meet, such as runners, marshals, etc. shall be normally provided by Host team

11.9 It is required that each lane have a minimum of one timer assigned to operate a manual watch. In the case where electronic timing is being used, each lane must have minimum of two timers assigned, one to operate manual watch and one to operate timing system backup pushbutton (pickle). If electronic timing is to be used for a meet, the host team must inform the visiting team at least 7 days prior to meet that two timers per lane will be required.

11.10 Swimmers shall swim in the lane assigned by their coaches, unless otherwise directed by Meet Referee.

11.11 Placing shall be decided as follows:

- If electronic finish judging is available, it is preferred that the electronic system be used for placing. In addition, two across-the-board finish judges shall judge each race. In the case where the electronic system malfunctions, the finish judges ballots shall be used to determine the placing as described in section b).
- If electronic finish judging is not available, two across-the-board finish place judges shall judge each race. If both agree on all places, that shall be the official placement. Finish judges may call a tie. If the finish judges disagree, the Referee shall determine the official placement. For this determination, he may use any information or method available such as; (1) the ballot of an overcall across-the-board judge, and (2) his own ballot, if available, (3) watch times, and (4) modified ballot system.

11.12 Protests involving eligibility of a team shall be made to the KMSSL Board. A verbal protest must be made within 48 hours and followed-up with a written protest within one week of the violation.