

# Suburban Swimming and Diving League

Constitution and Regulations  
Amended 2019

# CONTENTS

<u>CONSTITUTION</u>	<u>PAGE</u>
ARTICLE ONE: Executive Committee .....	3
ARTICLE TWO: Officers.....	3/4
ARTICLE THREE: Committees.....	4
ARTICLE FOUR: Membership.....	5
ARTICLE FIVE: Meetings.....	5
ARTICLE SIX: Limitations of Liability.....	6
ARTICLE SEVEN: Amendments.....	6
ARTICLE EIGHT: Competition.....	6
ARTICLE NINE: Dues.....	6
<u>REGULATIONS</u>	
I. <u>GENERAL</u>	
A. Classes of Competition.....	7
B. Swimming and Diving Up.....	7
C. Age of Contestants.....	7
D. Types of Competition.....	7
E. Numbering of Events.....	7
F. Strokes, Turns and Starts.....	8
G. Distances.....	8
H. Qualification and Eligibility.....	8/9
J. Varsity Roster.....	9
K. New Teams.....	10
L. Division Winners.....	10
M. Rule Infractions.....	10
N. Diving.....	10/11
O. Racing Courses.....	11
II <u>Dual / Tri Meets</u>	
A. Lineups.....	11
B. Program of Events.....	12
C. Points and Awards.....	12
D. Events.....	13

## CONTENTS CONTINUED

<u>REGULATIONS - CONTINUED</u>	<u>PAGE</u>
<b>II <u>Dual / Tri Meets</u> - Continued</b>	
E. Individual Event Entries.....	13
F. Meet and Pool Administration.....	13/14
G. Diving.....	14/15
H. Results.....	15
J. Inclement Weather.....	15
<b>III <u>Championships</u></b>	
A. Program of Events.....	16/17
B. Points and Awards.....	17
C. Eligibility.....	18
D. "A" and "B" Categories.....	18
E. Championship Diving.....	19
F. Entries.....	20
G. Meet Administration.....	20/21
H. Qualifying Times.....	21
<b>IV <u>Records</u></b>	
A. Records.....	21
B. Record Categories.....	22
<b>V <u>Procedures for Rule Violations</u></b> .....	22
<b>VI <u>Procedures for Rule Exceptions</u></b> .....	23
<b>VII <u>Appendix</u></b>	
A. Qualifying Times For "A" Championships.....	00
B. Championship Entry Form.....	00
C. Modified Ballot System.....	24
D. Tri-meet Lane Assignments.....	24

# **CONSTITUTION OF THE SUBURBAN SWIM LEAGUE, INC.**

## **PURPOSE**

The purpose of the league shall be to foster the development of competitive swimming and diving within the membership in order that young swimmers and divers will derive the benefits of participation in organized competition.

## **ARTICLE: ONE**

### **EXECUTIVE COMMITTEE**

1. The ruling body of the League shall be known as the Executive Committee. This Committee shall consist of representatives and alternate representatives appointed by each of the member clubs. Representative and/or their alternates must attend all meetings called by the President, but only two individual votes may be cast by each club in matters concerning or pertaining to the constitution and the regulations of the league. Representatives and alternates must be appointed each year at the annual meeting. Appointments will be made official by the President when the names, addresses, and phone numbers are submitted to the League Secretary by a club representative who is presently a member of the Executive Committee.
2. The Executive Committee is empowered to elect all officers and standing committee chairpersons. It may remove the same from office. The committee may discuss and vote upon any issue pertaining to the affairs of the League that has been raised by one of the members of the committee. All issues not covered by the Constitution and Regulations shall be decided by a majority vote of all members of the committee

## **ARTICLE: TWO**

### **OFFICERS**

1. The Officers of the League, vis., President, Vice-President, Secretary, Treasure and Diving Chairperson shall be elected by ballot, by majority vote at the first spring meeting by the incoming Executive Committee, for a Two (2) year term. The new term will begin at the start of New Business at the following fall meeting.
2. The President shall call for and preside over all meetings of the Executive Committee. The President shall see to it that all standing committee chairpersons carry out their obligations with dispatch and accuracy.

**ARTICLE: TWO CONTINUED**

3. The Vice-President shall perform the duties of the President in the absence of the President. The Vice -President shall organize all necessary paperwork for the summer season
4. The Secretary shall maintain all competitive records, transactions, and correspondence of the League except those of a financial matter and that paperwork handled by the Vice-President.
5. The Treasurer shall maintain only the financial records and financial correspondence. He/She shall collect all dues and pay all bills for the League.

**ARTICLE: THREE**  
**COMMITTEES**

1. The Standing Committees shall be as follows: Rules, Eligibility, Officials and Awards.
2. The Rules Committee shall serve as the arbiter in any dispute that may arise within the League concerning the Regulations of the League. It shall conduct a swimming and diving clinic prior to the Relay Carnival. The members of the committee consists of the Officers of the League and the Rules Chairperson. Should the protest involv a team of a committee member then they shall refrain from taking part in the decision.
3. The Eligibility Committee shall enforce the part of the Regulations which deals with eligibility. It shall collect the Roster and all meet results. The President of the League shall appoint a three member committee from three different clubs to prepare and distribute the annual schedule of dual meets. It shall be responsible for the seeding and fee collection of championship entries
4. The Individual Championship Meet Director shall maintain a list of officials and officials chairpersons of each club. It will assist host clubs in securing officials for all championship events when requested to do so.
5. The Awards Committee will decide on all awards to be presented in the League. It shall arrange for the appropriate distribution of awards at the end of the season.

## **ARTICLE: FOUR**

### **MEMBERSHIP**

1. Membership in the Suburban Swim League, Inc. will be limited to sixteen (16) teams. The present members of the League are as follows:

ACST-S	Aronimink Swim Club
Marple Newtown Swim Club	Hidden Hollow Swim Club
Pennypacker Country Club	Martin's Dam Swim Club
Plymouth Swim Club	Ply-Mar Swim Club
Rose Valley Swim Club	Rose-Tree Woods Swim Club
The Stony Lane Club	St. Alban's Swim Club
Wallingford Swim Club	Swarthmore Swim Club

2. Each new Club will be voted on by the Executive Committee in order to qualify for probationary entrance. After a one year probationary period, clubs will be voted on for final admission. A majority, in favor of acceptance, must be cast by the Executive Committee at this time in order to gain final admission.
3. Each club is to produce yearly, by the Relay Carnival, a certificate of general liability insurance to the League Secretary to be kept on file.

## **ARTICLE: FIVE**

### **MEETINGS**

1. The League Meetings shall be held within fifteen (15) days of the First day of March, April, May, June and October.
2. The League Secretary shall give two (2) weeks notice for all meetings.
3. The quorum for a meeting shall consist of representatives from two-thirds (2/3) of the present member clubs.

**ARTICLE: SIX**  
**LIMITATIONS OF LIABILITY**

A Director of the Corporation shall not be personally liable for monetary damages as such for any action taken, or any failure to take action, unless the Director has breached or failed to perform the duties of his/her office under Section 8363 of the Pennsylvania Directors' Liability Act, or any successor provision, and the breach or failure to perform constitutes self-dealing, willful misconduct or recklessness. This provision shall not apply to the responsibility of liability of a Director pursuant to any criminal statute or the liability of Director for payment of taxes pursuant to Local, State or Federal law.

**ARTICLE: SEVEN**  
**AMENDMENTS**

1. Any section of these By-Laws may be amended by a two-thirds (2/3) vote of all members of the Executive Committee.
2. Notice of a proposed amendment and the section to be altered must be presented in writing to all members of the Executive Committee at least two weeks in advance of the meeting at which the proposed amendment is to be considered.

**ARTICLE: EIGHT**  
**COMPETITION**

1. All League competition is to be governed by UNITED STATES SWIMMING and UNITED STATES DIVING RULES unless modified by the Suburban Swim League Regulations.
2. Any section of the regulations may be deleted, altered or replaced by a two-thirds (2/3) vote of the present members of the executive Committee

**ARTICLE: NINE**  
**DUES**

1. Each member club is to pay it's annual dues on or before the Relay Carnival, which is \$125 per team, subject to annual review by the Executive Committee.
2. The \$1.00 per swimmer/diver annual dues, due on or before the Relay Carnival, is subject to review each year by the Executive Committee.

# REGULATIONS OF THE SUBURBAN SWIM LEAGUE, INC.

## **I. GENERAL**

**A. Classes of Competition:** The following classes of competition will be observed in both dual and championship formats.

- |                                  |                                 |
|----------------------------------|---------------------------------|
| 1. 8 and Under Girls-Diving 10&U | 2. 8 and Under Boys-Diving 10&U |
| 3. 9 and 10 Girls-Diving 10 & U  | 4. 9 and 10 Boys-Diving 10 & U  |
| 5. 11 and 12 Girls               | 6. 11 and 12 Boys               |
| 7. 13 and 14 Girls               | 8. 13 and 14 Boys               |
| 9. 15 to 18 Girls                | 10. 15 to 18 Boys               |

**B. Swimming and Diving Up:** A swimmer or diver may swim or dive up in any individual event ( **Except in Championships** ) as long as he/she only moves up one (1) age group. A swimmer or swimmers may swim up one age group in a relay event as long as they do not comprise more than one half (1/2) of any age groups relay.

Example: a 12 and Under relay team may have one (1) or two (2) 10 and Under swimmers but not three (3) or four (4).

**C. Age of Contestants:** A swimmer's age for competition during the current season will be his/her age as of June 1st of that season.

**D. Types of Competition:** The following are the types of dual competition with the key number indicated.

- 01-10.....Medley Relay
- 11-20.....Backstroke
- 21-30.....Breaststroke
- 31-40.....Freestyle
- 41-50.....Butterfly
- 51-60.....Freestyle Relay
- 62-69.....Diving



**GENERAL** (continued)

- E. Numbering of Events:** Events in both dual and championship events shall be numbered according to the following scheme: The number in the class set out of "A" above shall be added to the key number indicated at "D" above.
- F. Strokes, Turns and Starts:** The rules for execution of strokes, turns and starts shall be identical with the rules of U.S. Swimming as they shall be in effect from time to time.

1. Current U.S. Swimming Rule Book will be furnished to each club by the League
2. Visual judging will be used on all relay take-offs (starts).
3. One (1) false start will be allowed per individual in the field of any event.

**G. Distances:**

1. 15 to 18 Girls: 100yds / meters of Freestyle, 50yds / meters for back, breast and fly.
2. 15 to 18 Boys: 100yds / meters for all strokes.
3. 14, 12, and 10 and Unders Girls / Boys: 50yds / meters for all strokes.
4. 8 and Under Girls / Boys: 25yds / meters for all Strokes.
5. 15 to 18 Girls / Boys, 14 & 12 and Under Girls / Boys: Relays shall consist of four swimmers swimming 50yds / meters each for a total of 200yds / meters.
6. 8 & 10 and Under Girls / Boys: Relays shall consist of four swimmers swimming 25yds / meters each for a total of 100yds / meters.

**H. Qualification and Eligibility:**

1. Only amateurs may compete in any Suburban Swim League Event.
2. The competitor's relationship to the competing club shall be as follows:
  - a. A member of said club residing in the SSL area, wherever referred to in these regulations, shall be defined as comprising Delaware, Chester, Montgomery and Philadelphia counties. Residence shall not include a mere temporary sojourn away from the competitor's home.

**H. Qualification and Eligibility:** (Continued)

b. No swimmer / diver or lifeguard may compete for any member club of the Suburban Swim League in any SSL dual, tri or championship meet if they compete in another summer swim league.

1) Any club which violates this rule forfeits all meets where this swimmer or swimmers / diver or divers were used.

3. A competitor who has competed for one of the member clubs may not during the succeeding 365 days compete for any other member club, unless his / her family has made a geographical move bearing a reasonable relationship to the change in club affiliation. The rules stated in the preceding sentence may be suspended at the discretion of the Rules Committee in cases where it would apply harshly provided written application is made to the Rules Committee and presented to the Executive Committee at the next meeting.

4. Each club shall submit an eligibility roster to the League Eligibility Chairperson by the time of the Relay Carnival. A copy of this roster must also be presented to each club in the League. The roster shall be made up by age group, sex and include names, summer age and date of birth. Additions must be submitted at a varsity meet prior to a swimmer competing. The full name, age and birth date of the swimmer/s shall appear on the Roster Addition Form and submitted with the Meet Results to all division and cross over teams.

Notes: 1) Separate rosters shall be submitted for Boys, Girls and Diving.

2) NO Roster Additions will be accepted after the third Varsity Meet.

3) NO additions will be accepted unless submitted as stated above.

5. All swimmers must be a member of said club by the Relay Carnival. Exceptions would be taken before the Rules Committee.

**J. Varsity Roster:** No team in the Suburban Swim League may increase their present year's varsity team roster by more than ten (10) families. This does not include Junior Varsity swimmers. Under extenuating circumstances, a club may exceed the ten (10) family quota by a written request to the Rules Committee justifying the additional swimmers. (See Section VI)

- K. New Teams:** Any new team accepted into the SSL will be placed in the League Division (i.e. Blue, Gold or White) which is most comparable with their past performance record and the leagues estimate of their ability.
- L. Division Placement:** The League Division make up will be based on the results of "A" Championships:
1. The top six (6) or more teams will make up the "Blue Division".
  2. The middle four (4) or more teams will make up the "Gold Division".
  3. The remaining teams will make up the "White Division".
- M. Rule Infractions:** Infraction of the SSL Rules and Regulations should / shall be called to the attention of the Rules Committee and may result in the forfeiture of meets or any punishment deemed appropriate by the Rules Committee.
- N. Diving:**
1. No dive may be repeated, Whether it be compulsory or voluntary. Otherwise all dives of the same number, whether layout, pike or free are to be considered as the same dive.
  2. Diving cards are to be signed by the competitor, who is responsible for the correctness of the statements on the list.
  3. Once the particular age-group contest has been started, no additional entries will be accepted.
  4. Competitors will not be permitted to change their dives once the event has been started.
  5. A diver may eliminate only one (1) optional dive and take a zero (0) on the dive, without prejudice, and remain in the contest. The required dive must be attempted.
  6. All competition is to be held from a one (1) meter board

**N. Diving:** (Continued)

7. All pools must be equipped with a sixteen (16) foot Dura-flex or Maxi-flex diving board that is level and is equipped with an adjustable fulcrum.
8. Pools must have a minimum of ten (10) feet of water beneath the board.
9. Any club hosting a diving championship event shall have two (2) boards that meet League requirements.
10. In championship contests, a referee and five (5) judges are required. In dual and tri meets, a referee and three (3) judges are required.

**O. Racing Courses:**

1. The course must be at least seventy-five (75) feet in length and twenty-four (24) feet in width.
2. Lane ropes must be provided to set off four or more lanes, each of which must be at least six (6) feet in width. Note: this means a six (6) lane pool.
3. When a dual meet is scheduled in a pool that has both yard and meter courses, it is the prerogative of the visiting coach to select the course. This selection should be made well in advance so that the home team can make the proper arrangements.
4. In the event of an equipment failure during a contest, the visiting team will receive eight (8) points, the home team zero (0) points for each event that cannot be run, provided the visiting team has entered competitors in the event.

**II. Dual and Tri Meets:**

- A. Start Time:** All Dual / Tri meets will start promptly at 6:00 PM. Line-ups for meet entries should be at the home pool by 5:30 PM.

## II. **Dual and Tri Meets:** (Continued)

**B. Program of Events:** The following will be the order of events, reading horizontally and commencing with number one (1) and proceeding thru number seven (7).

- 1.) Diving: 62, 63, 64, 65, 66, 67, 68, 69
- 2.) Medley Relays: 01, 02, 03, 04, 05, 06, 07, 08, 09, 10
- 3.) Backstroke: 11, 12, 13, 14, 15, 16, 17, 18, 19, 20
- 4.) Breaststroke: 21, 22, 23, 24, 25, 26, 27, 28, 29, 30
- 5.) Freestyle: 31, 32, 33, 34, 35, 36, 37, 38, 39, 40
- 6.) Butterfly: 41, 42, 43, 44, 45, 46, 47, 48, 49, 50
- 7.) Free-Relays: 51, 52, 53, 54, 55, 56, 57, 58, 59, 60

### C. **Points and Awards:**

1. There will be separate scoring for both swimming and diving at all meets. The scores will not be combined to determine the winner of the meet. Hence a team may win the swimming and lose the diving or vice versa. A team may also win both or lose both.
2. Individual events in a Dual meet shall be scored as follows: Five (5) points for first place, Three (3) points for second place and one (1) point for third place. Team scoring for relay events shall be: Seven (7) points for first place and zero (0) points for second place.
3. Individual events in a Tri meet shall be scored as follows: 6-4-3-2-1-0 for places 1 thru 6 respectively. Team scoring for relay events shall be: 8-4-0 for places 1 thru 3 respectively.
4. Trophies will be awarded to the Team in each division winning the greatest number of meets. Separate trophies will be awarded for both swimming and diving. Example: The Blue Division winner in swimming will receive the Blue Division Swimming Trophy and the Blue Division winner in diving will receive the Blue Division Diving Trophy. The same is true of the other division. Three Divisions are contested during the dual meet season. The Blue, the Gold and the White.

**D. Events:** A competitor may enter four (4) events as long as one of them is a relay event. Diving does not count as a swimming entry.

**II. Dual and Tri Meets:** (Continued)**E. Individual / Relay Event Entries:**

1. Varsity - A team in a dual/tri meet may have a maximum of Three (3) official entries in any or all individual events, only two (2) of which can score, and only one (1) official entry in each relay. Unofficial entries will be allowed in relay events only.
2. Junior Varsity - Same as Varsity with the exception that Unofficial entries in individual events are allowed with the consent of both coaches and the representatives of the clubs.
3. Dual and Tri Meets
  - a) During Dual Meets Relay lanes 3 and 4 will be considered the only official lanes.
  - b) During Tri Meets Relay lanes 2, 3 and 4 will be considered the only official lanes.

**F. Meet and Pool Administration:** There shall be a U.S. Swimming Rule Book and a copy of Suburban Swim League Constitution on the scoring table of all dual, tri and championship meets. It shall be the responsibility of the home team to provide them for use by both teams if needed.

1. The home team shall supply a starting gun and ammunition.
2. Backstroke flags must be placed in proper position (see US Rules for distances) at each end of the pool, unless due to the physical characteristics of the pool, this is impossible. 15 meter (16.4 yd.) Start and Turn marks must be visible to all officials
3. The home team's pool shall be free of all obstacles protruding into the pool area, and a lifeguard must be on duty.
4. The referee is in full charge of the meet at all times. He / she shall enforce all required rules and regulations.
5. At all dual meets the home team will swim in the odd lanes (1-3-5) and the visitors in the even lanes (2-4-6), unless a coach objects and protests to the referee. See appendix D for Tri-meet lane assignments.

**F. Meet and Pool Administration:** (Continued)

6. Varsity swimmers may not participate in Junior Varsity dual meets if they have scored a 1st place or 2nd place in two (2) Varsity events, not including relays or diving.
7. In dual meets, the coach must turn in his / her entries prior to each series of events (backstroke, breaststroke, etc.). However, a coach may make changes two (2) events prior to each race. This does not include the event in the water. SSL form must accompany any change made by a coach
8. Forfeiture of a dual meet is not encouraged by the league. If at all possible, cancelled meets should be rescheduled at the earliest convenient time.
9. The modified ballot system shall be use. (See Appendix C)
10. Starter / Referee, Stroke and Turn Judges should be certified officials of SSL or have some other certification such as USS, FINA, PIAA etc.

**G. Diving:**

1. 10 and Under Girls and Boys – Three dives total for dual meets. Required Dive: 101 (forward dive) and two (2) optional dives from different groups (any two of the five groups).
2. 11 and 12 Girls and Boys – Four dives total for dual meets. Required Dive will be set for each meet at the beginning of the season. Required Dive chosen from dives 101, 201, and 401. The three (3) optional dives are to be taken from at least three of the five optional groups.
3. 13 and 14 Girls and Boys – Five dives total for dual meets. Required Dive will be set for each meet at the beginning of the season. Required Dive to be drawn from dives 101, 201, 401, and 5111. A diver may use a dive in the required category as their required dive but if the degree of difficulty exceeds 1.8, they must adjust it down to 1.8. The four (4) optional dives are to be taken from at least three of the five optional groups.

**DIVING:** (Continued)

4. 15 to 18 Girls and Boys – Six dives total for dual meets. Required Dive will be set for each meet at the beginning of the season. Required Dive to be drawn from dives 101, 201, 301, 401, and 5111. A diver may use a dive in the required category as their required dive but if the degree of difficulty exceeds 1.8, they must adjust it down to 1.8. The five (5) optional dives are to be taken from at least four of the five optional groups.
5. Compulsory Dives will be determined before the season begins.
6. Diving entries will be limited to three (3) total (no unofficial entries). All entries will be official, only two (2) may score.
7. Dual meet diving will start promptly at 4:30 PM

**H. Results:** It is the responsibility of the home team to send out legible dual meet results to other member clubs in their respective division and their cross-over team. Additionally, the home team must send the Original to the League Secretary and a copy to Eligibility and Rules. The postmark on the mailing must be within a 48 hour period.

**J. Inclement Weather:** In the event of meet stoppage due to Weather:

1. No team will be required to wait more than thirty (30) minutes except by mutual consent of both coaches and representatives from each club.
2. If the final outcome of the meet can be determined on a point basis (after the 8 girls free), and both coaches and representatives agree; one team can be declared the winner and the remainder of the meet cancelled.
3. If the outcome is in doubt, both teams will co-operate on a reschedule date.
4. In the event the meet cannot be rescheduled, and both coaches and representatives agree, the teams may swim the meet on paper and mail the results to the League President who will fill out score sheets and mail results to the respective teams. Both teams must swim the same distance as that of the home team.



### **III. CHAMPIONSHIPS:**

**A. Program of Events:** The following will be the events, but the order thereof shall be determined from year to year.

1. Medley Relays: 1,2,3,4,5,6,7,8,9,10
2. Backstroke: 11,12,13,14,15,16,17,18,19,20
3. Breaststroke: 21,22,23,24,25,26,27,28,29,30
4. Freestyle: 31,32,33,34,35,36,37,38,39,40
5. Butterfly: 41,42,43,44,45,46,47,48,49,50
6. Free Relays: 51,52,53,54,55,56,57,58,59,60
7. Diving: 62,63,64,65,66,67,68,69
8. Individual Medleys:
  - 70 - 100yds for 8 and Under Girls
  - 71 - 100yds for 8 and Under Boys
  - 72 - 100yds for 9 and 10 Girls
  - 73 - 100yds for 9 and 10 Boys
  - 74 - 200yds for 11 and 12 Girls
  - 75 - 200yds for 11 and 12 Boys
  - 76 - 200yds for 13 and 14 Girls
  - 77 - 200yds for 13 and 14 Boys
  - 78 - 200yds for 15 to 18 Girls
  - 79 - 200yds for 15 to 18 Boys
9. Meter Freestyle:
  - 80 - 100 meters for 8 and Under Girls
  - 81 - 100 meters for 8 and Under Boys
  - 82 - 200 meters for 9 and 10 Girls
  - 83 - 200 meters for 9 and 10 Boys

### III. **CHAMPIONSHIPS:** (Continued)

#### A. **Program of Events:** (Continued)

##### 9. Meter Freestyle: (Continued)

84 - 200 meters for 11 and 12 Girls

85 - 200 meters for 11 and 12 Boys

86 - 400 meters for 13 and 14 Girls

87 - 400 meters for 13 and 14 Boys

88 - 400 meters for 15 to 18 Girls

89 - 400 meters for 15 to 18 Boys

#### B. **Points and Awards:**

##### 1. Points: Scoring for Individual events shall be:

First Place:	13 points	Seventh Place:	6 points
Second Place:	11 points	Eighth Place:	5 points
Third Place:	10 points	Ninth Place:	4 points
Fourth Place:	9 points	Tenth Place:	3 points
Fifth Place:	8 points	Eleventh Place:	2 points
Sixth Place:	7 point	Twelfth Place:	1 point

##### 2. Points: Scoring for Relay events:

First Place:	26 points	Seventh Place:	12 points
Second Place:	22 points	Eighth Place:	10 points
Third Place:	20 points	Ninth Place:	8 points
Fourth Place:	18 points	Tenth Place:	6 points
Fifth Place:	16 points	Eleventh Place:	4 points
Sixth Place:	14 points	Twelfth Place:	2 points

##### 3. Trophies and Awards: *These awards are for "A" Championships*

- The competitor scoring the greatest number of points in each age group.
- The swimmer winning all (4) his/her individual events.
- The diver that wins all his/her dual meets and his/her age group championship at "A"s.
- The team scoring the greatest number of points in each age group.
- The team scoring the greatest number of points overall.
- The Division Dual Meet Champions.
- The team scoring the greatest number of points in each division at "A's".
- Duplicate awards will be given in the event of a tie.

### III. **CHAMPIONSHIPS:** (Continued)

C. **Eligibility:** To compete in championships, a competitor must have been rostered by the third varsity meet and competed in at least one (1) SSL varsity or jr. varsity dual or tri meet in the current summer season (officially or unofficially).

#### D. **"A" and "DIVISIONAL" Categories:**

1. The Suburban Swim League Championships will be divided in "A" and "Divisional" categories according to time standards. These standards must have been made in a SSL varsity or junior varsity swimming meet during the current swimming season or as follows: Time trial by the coach, assisted and verified by two (2) other timers. The entry when submitted for championships must be signed by these two (2) assisting timers. This method of obtaining a qualifying time can only be used if the swimmer has not been entered in that particular event during the current swimming season.
2. The "A" Championships will be considered a one (1) day event. Sessions will be established by age group. The Meter Free and Individual Medley Championships along with the Diving Championship Meets will be scheduled during the week prior to "A's". All swimming championship meets will be considered timed finals. Awards will be given to the first Twelve (12) places for Individual and the first Twelve (12) places for Relay events.
3. The "DIVISIONAL" Championships will be swum on a divisional basis, that is, a separate meet for each division: Blue, Gold and White. These meets will be scheduled the week prior to "A's". The meets will be considered timed finals. Events will be the four (4) strokes (distance as in dual meets) and a medley and free relay for each class of competition. Awards will be given to the first twelve (12) places for Individual and the first six (6) places Relay events.

### III. **CHAMPIONSHIPS:** (Continued)

#### E. **Championship Diving:**

1. 10 and Under Girls and Boys – Four total dives. One Required Dive 101, and three (3) optional dives from two or more groups. After the required dive and two (2) optional dives in the qualifying round, the twelve (12) highest scoring divers will do one (1) additional dive to determine final placing.
2. 11 and 12 Girls and Boys – Five dives total. One Required Dive 101, and four (4) optional dives from three or more groups. After the required dive and two (2) optional dives in the qualifying round, the twelve (12) highest scoring divers will do two (2) additional dives to determine the final placing.
3. 13 and 14 Girls and Boys - Six dives total. One Required Dive from the forward category. Divers may choose any dive in the forward category but if the degree of difficulty exceeds 1.8, the DD must be adjusted back down to 1.8. Five Optional dives from at least three different groups. Five different groups may be used. After the required dive and three (3) optional dives in the qualifying round, the twelve (12) highest scoring divers will do two (2) additional dives to determine the final placing.
4. 15 to 18 Girls and Boys - Seven dives total. One Required Dive from the forward category. Divers may choose any dive in the forward category but if the degree of difficulty exceeds 1.8, the DD must be adjusted back down to 1.8. The six (6) Optional dives to be taken from all five groups. After the Required dive and three (3) optional dives in the qualifying round, the twelve (12) highest scoring divers will do three (3) additional optional dives to determine the final placing.
5. All competitors must have competed in one dual meet OFFICIALLY or two dual meets UNOFFICIALLY during the current season to be eligible to dive in championships.
6. Awards in Championships will be given to the twelve (12) highest scoring divers in each class of competition at the championship meet.
7. Any club hosting a diving championship event shall have two (2) boards which meet League requirements.

### III. **CHAMPIONSHIPS:** (Continued)

#### F. **Entries:**

1. Each club will be limited to one relay entry per relay event in both "A" and "DIVISIONAL" Championships.
2. A competitor may enter four (4) individual events as long as at least one (1) of them is the Individual Medley or Meter Freestyle Championship.  
A competitor may enter two (2) relay events.
  - a. A swimmer may enter any combination of three (3) individual events, that is, "A" or "DIVISIONAL" depending on the qualifying times. As stated above the fourth event would have to be one of the distance events
  - b. A swimmer may not enter a "DIVISIONAL" relay swimming a stroke that he or she has met the qualifying time for the "A" championships.
  - c. A swimmer cannot swim the same event in "A" and "DIVISIONAL" Championships, but may enter a different event in either the "A's" or "DIVISIONAL's" if he or she meets the qualifying time(s) in that event(s).
  - d. "A" and "DIVISIONAL" Championship entries and fees are to be turned into the Eligibility Committee Chairperson no later than seven (7) days prior to the "B" Championships.
  - e. There will be no post entries at the "A" or "DIVISIONAL" Championships and no Deck Seeding at any of the Championship Meets.

#### G. **Meet Administration:**

1. Each club will be responsible for obtaining personnel to act as officials for the championship meets. The names of these officials should accompany the club's entries as per the officiating list published in June.

### III. **CHAMPIONSHIPS:** (Continued)

#### G. **Meet Administration:** (Continued)

2. If a Championship Meet is postponed after the competitors have reported on the first date. Only those who reported on the first date shall be eligible to compete on the succeeding date
  
3. In a Championship meet, a competitor will be accepted as an entry only if an entry form was submitted properly. The entry must include: the event number, the event name, the swimmer's time, the swimmer's first and last name as they appear on the club's eligibility roster and the name of the club. Failure to include any part of this information will constitute an improper entry and will not be accepted as an official entry.

**H. Qualifying Times:** The qualifying times have been established for individual events in the Suburban Swim League Championships. These times appear on the entry forms for "A" Championships supplied by the League. Swimmers who do not meet the listed qualifying times must swim in the Championship Meet for their respective Division. Qualifying times are not required for entry in the relays events; however, times should be submitted for seeding purposes.

### IV. **RECORDS:**

#### A. **Official Records:**

1. No League records will be recognized or accepted from any pool that has a course length other than 25 yards, with the exception of the meter freestyle records. For those records the course length must be 25 meters.
  
2. A record must be made in dual meet or in championship competition, as hereafter limited:
  - a. A record can only be set by an Official SSL swimmer / Diver
  - b. The course must be one approved by the Rules Committee.
  - c. At least three (3) timers must act and there must be a separate starter. The timers must not all be from the same club.
  - d. The reading of the Middle Watch shall constitute the Official Time.
  - e. The result card must bear the reading of all three watches and the signatures of the timers and starter / referee, approved by Rules Comm.

**IV. RECORDS:** (Continued)**B. Record Categories:**

1. Only one (1) set of records will be kept by SSL, regardless of whether the course was long course or short course.
2. Records will be kept for yards only, with the exception of the 100, 200 and 400 meter freestyle events, which will be kept in meters.

**V. PROCEDURES FOR RULES VIOLATIONS:****A. During a Swimming or Diving Contest:**

1. All protests must be made within one-half (1/2) hour after the infraction occurred.
2. Only the team coach may present a protest to the referee.
3. A protest must contain the following:
  - a. Identification of the rule violated.
  - b. Who violated the rule.
  - c. How the rule was violated.
4. If the protest is complete, the Referee may:
  - a. Render a decision.
  - b. Consult other participants and then render a decision.
  - c. If outside of his / her authority, advise the coach to present the protest to the Rule Committee.
5. If not satisfied with the referee's decision, the coach may protest in writing within 48 hours to the Rules Committee. The protest must comply with Section 3. a., b., and c. above and include the name of the referee. The Rules Committee will render a decision as soon as possible.

**B. Protest Outside of a Contest:**

1. Protest must be presented in writing, within 48 hours, by the coach or the League Representative to the Rules Committee.
2. Protests must comply with Section 3. a., b., and c. above

**C. Improper Filing of Protests:** Any protest presented outside of the limits and / or improperly prepared will not be considered.

**VI. PROCEDURES FOR RULE EXCEPTIONS:**

- A. The League Representative must apply for a rule exception, if he or she is aware of an act, contemplated by the pool, team or coach that may violate the League Constitution and / or Regulations.
- B. The request for an exception must contain the following information:
  - 1. What rule may be violated.
  - 2. What action is to be taken that would violate the rule.
  - 3. Why this exception should be granted.
- C. The Rule Committee will act within two (2) weeks on a written request for an exception.
- D. If the League Representative becomes aware of acts on the part of the pool, the team , or the coach that violates the League Constitution and / or Regulations he or she may still file for an exception; however, penalties may be assessed with this type of a request.
- E. The Rules Committee will NOT allow an exception if the requesting club violates the rules while the Rules Committee is considering their exception.

**VII APPENDIX:**

- A. Qualifying Times for "A" Championships are provided by the league on a separate form that is used for entries.
- B. Championship Entry Form/s are provided by the league which contain the qualifying time standards.
- C. Modified Ballot System examples of proper use are on page 24.
- D. Tri-meet Lane assignments:
  - Team A: Lanes 1 & 4
  - Team B: Lanes 2 & 5
  - Team C: Lanes 3 & 6



**APPENDIX "C"**  
**MODIFIED BALLOT SYSTEM**

**BALLOT # 1**

<b>Event # Heat #</b>	<b>Lane 1</b>	<b>Lane 2</b>	<b>Lane 3</b>	<b>Lane 4</b>	<b>Lane 5</b>	<b>Lane 6</b>
<b>Judge # 1</b>		4	2	1	3	
<b>Judge # 2</b>		4	1	2	3	
<b>Time:</b>		28.9	28.3	28.2	28.6	
<b>Time Value:</b>		4	2	1	3	
<b>Total:</b>		12	5	4	9	
<b>Place:</b>		4	2	1	3	

**BALLOT # 2**

<b>Event # Heat #</b>	<b>Lane 1</b>	<b>Lane 2</b>	<b>Lane 3</b>	<b>Lane 4</b>	<b>Lane 5</b>	<b>Lane 6</b>
<b>Judge # 1</b>		4	1	3	2	
<b>Judge # 2</b>		4	2	2	1	
<b>Time:</b>		28.3	28.1	28.2	28.1	
<b>Time Value:</b>		3	1	2	1	
<b>Total:</b>		11	4	7	4	
<b>Place:</b>		4	1 (Tie)	3	1 (Tie)	

**BALLOT # 3**

<b>Event # Heat #</b>	<b>Lane 1</b>	<b>Lane 2</b>	<b>Lane 3</b>	<b>Lane 4</b>	<b>Lane 5</b>	<b>Lane 6</b>
<b>Judge # 1</b>		4	1	2	3	
<b>Judge # 2</b>		3	2	1	4	
<b>Time:</b>		59.0	59.5	59.2	59.1	
<b>Time Value:</b>		1	4	3	2	
<b>Total:</b>		8	7	6	9	
<b>Place:</b>		?	?	?	?	

**Answer: 1st - Lane 4, 2nd - Lane 3, 3rd - Lane 2, 4th - Lane 5**