Swim Association Invitational League

2019 Technical Rules

1.1 SAIL TECHNICAL RULES PURPOSE

1.2 The SAIL Technical Rules exist to define the minimum requirements needed to ensure a safe, efficient and fair swim meet. Other documents such as the “SAIL Handbook” contain guidelines and suggestions for how to best manage a swim meet.

1.3 It is not the purpose of the SAIL Technical Rules contained herein to set standards of care for the safety of the swimmer. The swimmer, the swim coach, the swim team and the local public entity or pool owner should address safety considerations where events are held.

2.1 TEAM PARTICIPATION REQUIREMENTS

2.2 Each Board member will be responsible for informing his member team of the Rules for participation in the league.

2.3 Officials. Each member (single or combined team) must qualify with the Chairman of the Officials Committee the following minimum number of officials to-wit: 10 timers, 2 stroke and turn judges, 1 starter, 1 referee, 1 clerk-of-course, 1 computer operator, 1 Chief Timer, and 2 records people.

   a. All teams will be required to certify and provide for each meet (6 lane pool), 9 lane timers and 1 head timer. Pools with less than 6 lanes will adjust accordingly. Each lane will be required to have at least 3 timers per lane who will record official time according to USA Swim Rules Timers Section, Official Time Determination. Fewer manual timers may be required when automatic or semi-automatic timing systems are used in accordance with USA Swim rules.

   b. SAIL League will recognize all current USA certified referees, stroke and turn judges, and starters as SAIL certified officials. Those individuals requesting said certification must verify their current certification with the Chairman of the Officials Committee.

2.4 Dual and Triangular Meets. Each member team must be responsible for the conduct of meets hosted by their team.

   a. Each meet must conform to the objectives and standards of the League as stated in the by-laws.
   b. At each meet, there must be at a minimum, the following SAIL certified officials: a qualified referee, 2 stroke and turn judges, 1 starter, 3 timers per lane, and 1 clerk-of-course.
   c. Any meet run with less than these officials may be protested by the other members of the Division or the Division Manager.
   d. Such protest shall be brought to the attention of the Division Coordinator. This protest is to be resolved by the Division Coordinator and the Executive Committee expeditiously.

2.5 Each member team shall not limit maximum individual participation of all its swimmers in all dual or triangular and Division Championship meets.

2.6 Results. The SAIL rep from the member team who hosts a meet will be responsible for retaining a copy of the meet results until after the Classics meet has been held.
2.7 **All scratches** for Championships/Classics (C&C) must be finalized prior to the beginning of the Divisional meet. Any changes must be posted to the computer diskette before the results are turned in to the Division Coordinator. The division meet director must turn in the meet results (including the computer diskette results) to the Division Coordinator as soon as possible after the conclusion of the Divisional meet. Any scratches made after the diskette has been turned in will be considered a late scratch and subject to the appropriate fine.

2.8 **A swimmer** who is a late scratch at either the Championship or Classic meets for other than a valid reason, as determined by the sole discretion of the C&C Meet Director (physical, death in the family, etc.), will be fined $50.00 per individual event and $100.00 per relay event payable to the League. Scratches reported prior to Championships and Classics meets being finalized will be fined $25.00 for any event. The meet will be finalized at 10 am on the Wednesday following Divisionals. The responsibility for the fine is on the team. Failure to pay said fine(s) by February meeting of the next year on the part of the team makes that team and all its members ineligible to participate in SAIL until all fines are paid. This fine does not apply to alternates who have not been called by Thursday night. Moving a swimmer or relay from Championships to Classics is optional for the swimmer or relay if notified after 5 pm on the day before Championships.

2.9 **Any swimmer** qualifying for Divisional, Championship or Classic race in an individual event who fails to compete in said final shall be barred from further competition of that meet except in the case of illness, injury or caused by circumstances beyond the swimmer’s control. All exceptions must be approved by the meet referee and their judgment is final and may not be protested.

3.1 **INDIVIDUAL PARTICIPATION REQUIREMENTS**

3.2 **An individual’s eligibility** to compete in SAIL meets is based upon the individual’s family membership in their SAIL member community pool. For an individual to participate on a member community pool outside his/her community, his/her family must have purchased a regular family membership in that pool prior to competing in any team activities. Meets in which a swimmer participates prior to the purchasing of the membership will not be counted towards Division Championship eligibility. A swimmer may only swim for one team during a season. An individual will not be eligible to compete in SAIL meets where such individual’s membership is a direct result of the individual’s employment by the member team.

3.3 **Recruitment** of swimmers by any member team for SAIL competition is specifically precluded by the provisions of this section. Violations of this rule may result in penalties against the offending team of up to and including termination of SAIL membership.

3.4 **Participants’ age** will be determined by their age at the end of the day on May 31st, with the maximum age being either 18 years old or through the year they graduate from high school, provided they are no older than age 19 on May 31st. A copy of each swimmer’s birth certificate must be retained by the Team’s SAIL Rep, or otherwise be on file with SAIL, at the time of the swimmer’s registration with SAIL for that swim year.

3.5 **Code of Conduct:** The Referee and/or Meet Director may suspend any swimmer from participating in a meet and may bar any person from the meet venue found guilty of violating any of these codes of conduct:

1. Use of profanity,
2. Sale and/or use of alcohol,
3. Smoking, or
4. Disrespectful and/or unsportsmanlike behavior.

*This is not intended to be used as an all-inclusive list; discretion may be used by meet officials

Note: these standards apply to all areas of a meet venue; including, but not limited to, the pool deck, locker rooms, spectator seating, standing areas and all other areas used by swimmers.
Failure to comply with this provision may also result in a penalty proposed by the Executive Committee and approved by the Board of Directors.

3.6 Annual Coaches training: All coaches (volunteer and paid) are required to attend a coaches training meeting or they will not be allowed to coach a team in any capacity beginning on the day of the first dual meet of the season. The only exception to this rule is coaches that only work with a guppy team and are under the direct supervision of a coach that has attended training. At least one coach on each team must also attend a Stroke and Turn training session. All coaches must complete and pass the Stroke and Turn online test prior to the first swim meet of the season.

3.7 Exceptions: The Board of SAIL may grant exceptions from any of the Technical Rules by majority vote. Such exceptions shall apply only to the named swimmer(s) and only for the current swim season. Exception requests must be submitted in writing. Swimmers participating under the membership of a grandparent will be eligible if the community pool approves such participation.

3.8 Any violation of the SAIL Technical Rules or Bylaws by anyone involved with SAIL, including but not limited to, swimmers, coaches, parents and spectators may carry a penalty of fines, probations, suspensions or bans from SAIL participation.

The penalty may be imposed by individual teams and/or the SAIL Board. The SAIL Board must approve the penalty by simple majority of those in attendance with a quorum. The decision of the SAIL Board is final.

4.1 ADOPTION OF USA SWIMMING TECHNICAL RULES

4.2 All competitive swimming events held under SAIL sanction shall be conducted in accordance with Part One (Technical Rules), Article 304 (Code of Conduct), Article 306 (Sexual Misconduct Reporting Requirements), and Article 307 (Prohibitions Against Retaliation for Good Faith Reporting of Abuse) of USA Swimming effective as of May 1, 2019 except as specifically modified by these rules. NOTE: the term “USA Swimming” shall refer to SAIL and the term “Board of Review” shall refer to “SAIL Board of Directors”

SAIL Rule Exceptions from USA Swimming

These exceptions, clarifications and interpretations are made from the USA Swimming Rules and Regulations. Reference to the USA Swimming Rules and Regulations is provided.

Butterfly (101.3.2)
In SAIL, some part of the arm (defined as from the wrist to the shoulder) must break the surface of the water.

Backstroke Turns (101.4.3)
For the backstroke turn, once the swimmer has passed the flags entering into the wall, the swimmer may roll to the stomach and take one, single or double arm pull. The swimmer may glide or kick into the wall to execute the turn. If they execute the flip turn and miss the wall, they may scull back to the wall while remaining on the back. They may not execute a second flip turn.

Age Group Competition (102.1.2)
SAIL recognizes an 8 and under age group.

Disqualifications (102.22.2)
Meet officials are expected to notify the coach of a swimmer’s disqualification following their swim. During the first dual/triangular meet of the season, notice of disqualification for swimmers in the 8 and under age group is not expected, but the disqualification shall still be recorded.
Relays (102.3)
No swimmer may swim more than one medley relay and one freestyle relay in any meet.
For Dual/Triangular meets teams can age-up a maximum of two swimmers from the immediate prior age group.
For Divisional Championships and C&C, relays must consist of at least three swimmers in the designated age group and no more than one swimmer may be "aged up" from the immediate prior age group.

Under no circumstances may:
1. a relay consists of more than two swimmers from another age group;
2. a swimmer "age down" for a relay
3. a swimmer swim in more than one medley relay and one freestyle relay in any meet;
4. a swimmer "age up" more than one age group.
5. a swimmer "age up" unless all eligible swimmers in the older age group are exhausted prior to aging-up of swimmer to complete a relay team.

Mixed Ages Relay (non-scoring)

An exhibition relay will consist of 5 swimmers per relay. One male relay and one female relay from each team. Male relay to be made up of one male from each age group; Female relay to be made up of one female from each age group. Relay to take place prior to the start of Event 40 or after Event 80.

Relay format to be made of two (2) 25 meter/yard, and three (3) 50 meter/yard. With each age group completing the equivalent distance of their age group Short Free Event.

Order shall be by matching age group order between each team.

Swimmers will be allowed to age up along same guide lines as normal age up rules.

Mixed Ages Relay shall not count towards two (2) relays as labeled in section 6.9.

Mixed Ages Relay shall only take place during non-championship meets.

Scoring (102.25.1)
Dual meets shall be scored as Dual Meets. Triangular meets shall be scored as Double Dual Meets:

| Individual events: 5-3-1-0 | Relays: 7-0 |

Divisional meets are scored as described in Section 5.0 Division Championships.

Water Depth (103.2)
For racing starts the minimum water depth is 3.5 ft. SAIL Reps and coaches are responsible for notifying visiting teams when the water depth is less than 4 feet. Each team must follow the stated USA Swimming rule in section 103.2 to teach safe racing starts.

Water Temperature (103.7.1)
No minimum or maximum water temperature shall be maintained during SAIL competition.

Special Eligibility (205.2)
Swimmer must swim in designated age group unless a special eligibility form has been completed and approved by the SAIL Board. Exceptions are allowed as specified in USA Swimming rules for relays.

Swim Caps (102.8)
Swim caps worn in SAIL meets shall be a team cap (past or present) or a solid colored cap.
Body Advertising (102.8.3.B) shall not apply, unless deemed not reflective of the values of SAIL. If deemed unacceptable, the referee will notify the swimmer and they must remove or cover it before they are allowed to compete.

Video/Photography: Video or photography equipment may not be used as evidence to protest or overturn a call.

Time Conversion
The following factors must be used to convert from yard time to meter time: 25-meter

time = 25-yard time x 1.11

Examples: Convert a time of 36.82 seconds in a 25-yard pool.

36.82 x 1.11 = 40.87

Convert a time of 1 minute, 12.35 seconds in a 25-yard pool.

1:12.35 = 72.35 seconds; 72.35 x 1.11 = 80.31 = 1:20.31

Protests (102.23.5) shall not apply to SAIL competitions.

EVENTS: ORDER AND DISTANCE (102.1)

SAIL events shall be as follows:

<table>
<thead>
<tr>
<th>Girls Event #</th>
<th>8 &amp; Under Age Group</th>
<th>Boys Event #</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Medley Relay 100</td>
<td>2</td>
</tr>
<tr>
<td>11</td>
<td>Short Free 25</td>
<td>12</td>
</tr>
<tr>
<td>21</td>
<td>Individual Medley 100</td>
<td>22</td>
</tr>
<tr>
<td>31</td>
<td>Breaststroke 25</td>
<td>32</td>
</tr>
<tr>
<td>41</td>
<td>Long Free 50</td>
<td>42</td>
</tr>
<tr>
<td>51</td>
<td>Backstroke 25</td>
<td>52</td>
</tr>
<tr>
<td>61</td>
<td>Butterfly 25</td>
<td>62</td>
</tr>
<tr>
<td>71</td>
<td>Free Relay 100</td>
<td>72</td>
</tr>
</tbody>
</table>

9-10 Age Group

| 3 | Medley Relay 100 | 4 |
| 13 | Short Free 25 | 14 |
| 23 | Individual Medley 100 | 24 |
| 33 | Breaststroke 25 | 34 |
| 43 | Long Free 50 | 44 |
| 53 | Backstroke 25 | 54 |
| 63 | Butterfly 25 | 64 |
| 73 | Free Relay 100 | 74 |

11-12 Age Group

| 5 | Medley Relay 200 | 6 |
| 15 | Short Free 50 | 16 |
| 25 | Individual Medley 100 | 26 |
Breaststroke 50 36
Long Free 100 46
Backstroke 50 56
Butterfly 50 66
Free Relay 200 76

35
36
45
46
55
56
65
66
75
76

13-14 Age Group

7 Medley Relay 200 8
17 Short Free 50 18
27 Individual Medley 100 28
37 Breaststroke 50 38
47 Long Free 100 48
57 Backstroke 50 58
67 Butterfly 50 68
77 Free Relay 200 78

15-18 Age Group

9 Medley Relay 200 10
19 Short Free 50 20
29 Individual Medley 100 30
39 Breaststroke 50 40
49 Long Free 100 50
59 Backstroke 50 60
69 Butterfly 50 70
79 Free Relay 200 80

The placement of relays may vary for the SAIL Classics and Championships.

Order of events may be run in reverse order for the last two meets if needed for swimmers to get times due to unforeseen issues. The meet must be run in reverse order starting with the free relay. This must be approved by all SAIL reps and coaches three days prior to the meet. Any previously agreed upon exhibition event (i.e. fun relays) shall always follow the conclusion of the meet, even, and especially if the meet is run in reverse order.

STRUCTURE OF THE LEAGUE – DIVISIONS, DUAL/TRIANGULAR MEETS

4.2 Diving In 2-Way Traffic: During all practices and meets, diving into 2-way traffic is not permitted. Lanes should be designated as either “circle swim” (2-way traffic) or “sprint diving” (1-way traffic). During warm-ups, the referee or a safety marshal appointed by the referee may disqualify from his/her first event any swimmer who dives into a 2-way traffic lane.

4.3 Severe Weather Policy: The referee or the host pool lifeguard shall make the decision to halt the meet due to inclement weather. The decision to restart the meet must be the unanimous decision of the referee, all participating SAIL representatives and the host pool lifeguard.

4.4 Division Number. The number of divisions and the assignments of member pools to divisions will be recommended by the Executive Committee, who will use as the primary criteria the number of current teams and a point system based on the results of the previous year's division meets. In this system the finish order of SAIL teams will be based on points assigned to the top 60 times in each event, considering all results in all divisional meets. Points are given to these places with 60 points going to the first, 59 to the second, etc. This results in a team point total that is then ranked by total value. The breakpoints or dividing points between divisions will be established by factors including, but not limited to, the point spread between teams, and anticipated changes in the
number of swimmers on a team. The recommendation on divisional makeup must be approved by the Board of Directors. Combined teams must function as one team – obtaining officials, separating cards after meets, computer results, etc.

4.5 Change. Any member pool may request a change from one division to another by written request to the Division Coordinator prior to February meeting of the Executive Committee. The Board of Directors shall promptly advise said member pool of the result of the Board’s decision as to what division said member pool shall participate in and the ruling of the Board of Directors shall be final.

4.6 Division Manager. Each division board member will meet by March of each year and select its Division Manager and the Division Managers will be responsible for the managing of their division.

4.7 Meets. The Executive Committee will recommend a meet schedule, which is subject to the approval of the Board of Directors that will allow a minimum of five dual, or triangular, meets. Meets that are cancelled due to unforeseen circumstances, such as weather, may be rescheduled at any time prior to the end of the last Saturday before the Division Championships.

4.8 Facilities: Pools shall be a minimum of 5 lanes, and 25 yards in length. SAIL Reps and coaches are responsible for notifying visiting teams of a depth less than the USA Swimming requirement. Host pools shall have the proper equipment to conduct a dual meet. This shall include, but not be limited to, starting blocks, lane ropes, backstroke flags, recall rope, and proper pool and bulkhead markings as outlined in the USA Swimming handbook.

4.9 Officials. The host team will be responsible for providing a referee, starter, chief timer, and head clerk of course, in addition to records personnel, stroke judges, and timers. The visiting team is responsible for providing records personnel, assistant clerk of course, stroke judges, assistant referee, timers, and a deck referee.

4.10 Starting Time. All dual/triangular meets shall begin at a time agreeable to the participating SAIL Representatives. Meets shall continue past 10 pm only with the unanimous agreement of the SAIL reps, the referee, and the host pool lifeguard.

4.11 Seeding: Seed times from the previous year may be used in the present year for all meets except the Divisional meets. Time trials can be used to establish seed times for all dual/triangular meets provided they meet USA Swimming requirements (102.1.5) and SAIL Technical Rule 2.3.

4.12 Maximum Events. A swimmer may swim a maximum of three (3) individual events and two (2) relay events, being one medley and one free relay per meet.

4.13 Late Entries and Deck Entries: Only deck entries for medical reasons will be allowed.

5.1 DIVISION CHAMPIONSHIPS

5.2 The Division Championships will be under the direct supervision of the Division Coordinator. The Divisional swim meets are held after the scheduled dual meets by each SAIL division on a date agreed to by the SAIL Board. The Divisional meet determines the total point winner and the quality point winner of each division and serves as the qualifying meet for the SAIL Championships and Classics.

5.3 Host Pool. The Division will meet and choose a host pool within their division which meets the following physical requirements:

a. 25 meters long, 6 lane minimum, comparable competitive accessories.


c. A sufficient backing of community support to insure a well-run meet.
5.4 **Entry Fees.** Entry fees will be fixed by the Board and team payments will be due at the Division Championship seeding meeting and recorded by the League Treasurer.

5.5 **Meet Director.** The Division SAIL Representatives shall appoint a meet director who will direct and manage the Division Championships according to the standards of the League and the current USA Swimming Rules. The Meet Director shall have responsibility for the conduct of the meet and it participants in consultation with the Division’s SAIL Representatives.

5.6 **Referee.** Divisional SAIL Reps. shall vote by simple majority to select a Referee for each Division Championship and shall seek prior input from the division coaches.

5.7 **Scoring.** Each Division Championship will score and record in the same method as prescribed by the Division Coordinator.

   1. Points for individual events:

<table>
<thead>
<tr>
<th>PLACE</th>
<th>POINTS</th>
<th>PLACE</th>
<th>POINTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>13</td>
<td>7</td>
<td>6</td>
</tr>
<tr>
<td>2</td>
<td>11</td>
<td>8</td>
<td>5</td>
</tr>
<tr>
<td>3</td>
<td>10</td>
<td>9</td>
<td>4</td>
</tr>
<tr>
<td>4</td>
<td>9</td>
<td>10</td>
<td>3</td>
</tr>
<tr>
<td>5</td>
<td>8</td>
<td>11</td>
<td>2</td>
</tr>
<tr>
<td>6</td>
<td>7</td>
<td>12</td>
<td>1</td>
</tr>
</tbody>
</table>

   2. Quality point winners are decided by dividing the team point total by the number of team swimmers who swam in the meet.

5.8 **Results.** Each division championship will provide a complete set of results to the Division Coordinator immediately following the conclusion of the meet. The results will be shown as descending individual results plus total team points.

5.9 **Qualification of a Swimmer.** To participate in a Division Championship, a swimmer must have participated in two dual/triangular meets. If a swimmer is not able to participate due to weather or some other unforeseen circumstance that cancels a meet, meet participation will be counted if the swimmer was present prior to their event and was ready to swim. Written verification will be required from the swimmer’s coach and all SAIL Reps of the participating teams.

5.10 **Entries.** Each team may have unlimited entries with the exception that each team may enter only one relay per event for both medley and free relay. Each swimmer may be entered in only three individual events and two relay teams, being one medley and one free relay. All entries will be in a format as prescribed by the meet director, e.g.: legibly printed in permanent ink on official entry cards, entered in a computer timing system, etc.

Entries will be based on the swimmer’s best times from dual/triangular meets swam in the current SAIL season in a meter pool. If the time from a race swam in a yard pool is used for an entry time, the entry time must be converted to meters prior to entry using the method described in these Technical Rules (4.1). A swimmer may be entered in an event even if he/she has no time in that event. His/her time entry time will be a "no time" (NT), and that swimmer will be seeded last. Entries due date will be set by the SAIL Computer Operator each season.

5.11 **Scratches.** Scratches must be brought to the seeding meeting. No vote is necessary to remove swimmers. Any scratches after the seeding meeting must be given, in writing, before the beginning of Divisionals to the clerk of
course, the tent parent and the referee. There is no fine imposed for a scratch at Divisionals.

5.12 Seeding. Unlike dual/triangular meets, the Divisional Meets seeds swimmers from slowest to fastest. Re-Seeding: no re-seeding shall be allowed except should a scratch put a swimmer alone in a heat, the clerk of course shall re-seed.

5.13 Awards. Team awards for the Division Championship will be the responsibility of the League. In each Division the Metcalf Cup will be awarded to the High Point winner and the Founders Cup will be awarded to the Quality Point winner. Unattached swimmers or teams are NOT eligible to win the Founders or Metcalf Cups.

5.14 The Division Championship meet may be split over two days. Stroke order MUST be followed: Medley Relay, Short Free, Individual Medley, Breaststroke, Long Free, Backstroke, Butterfly, and Free Relay. Reasonable changes, such as allowing specific age groups to swim one session and others the next session, may be made.

5.15 Any use of a second pool at the division meet site after the start of the meet/session is not allowed.

5.16 Starting blocks located on the end opposite from the starter CANNOT be used during relay events. For age groups swimming one length of the pool the second and fourth swimmers will start from the deck. First and third swimmers may use the blocks or start from the deck.

5.17 Seeding Meeting: All disputes will be finalized at the seeding meeting following all applicable USA swimming rules, SAIL rules and Code of Ethics. The Rules Chairperson shall make themselves available during all seeding meetings to answer any question regarding rules. A jury may be convened of the SAIL reps and coaches present.

6.1 LEAGUE MEETS (CHAMPIONSHIPS AND CLASSICS)

6.2 Meets. The League will directly manage and have operational responsibility for conducting two meets: the SAIL Classics and the SAIL Championships (C&C). These meets will be held on separate days as determined by the SAIL Board. The President of SAIL shall be responsible for selecting and appointing a Meet Director. The Meet Director will be responsible for all aspects of the C&C meet.

6.3 Classics. For the SAIL Classic, the twelve to sixteen (12-16) best times from the Division Championships qualifying meet will qualify for competition; two heats of six to eight (6-8) lanes in each event. There are no alternates for Classics.

6.4 Championships. For the SAIL Championships, the 13th through 30th or 17th through 40th fastest swimmers, as determined in the Division Championships (qualifying meet), will compete in each event; three heats of six or eight lanes in each event, plus two alternates. The Executive Committee may expand the number of entries when deemed in the best interest of SAIL.

6.5 Qualifications. Qualifications for the SAIL Classic and SAIL Championships will be based on times obtained during the Division Championships (qualifying meet) held within each division.

6.6 Eligibility. Eligibility and entry in Individual Championships of the SAIL will be the same as the eligibility and entry requirements in dual/triangular meets with the exception of that noted in section 5.8 "Qualification of a Swimmer".

6.7 Facilities. The Executive Committee shall select the site of Championships & Classics each season.

6.8 Seeding. Seeding is decided by the swimmers finish times in the Divisional Meet. Should the last swimmer in Championships or Classics be a tie, an extra heat may be added.
6.9 **Maximum Events.** A swimmer may swim a maximum of three (3) individual events and two (2) relay teams, being one medley and one free relay.

6.10 **Scratches.** Scratches for reasons of physical disability only must be presented to the clerk-of-course no later than thirty minutes before the start of the meet (see Section 13.8).

6.11 **Alternates at Championships.** It is the responsibility of the swimmer to report to the clerk of course on time. Once the heat has made it into the building on to the last bench, the alternate will replace the no show swimmer and will not be removed. If a swimmer has a quick turnaround for a race, he may designate a place holder until he can get there. Coaches who swim shall make the Coach Liaison aware 2 days BEFORE THE MEET that they may need to be late to clerk of course because they are coaching. The Coach Liaison will notify the Clerk.

6.12 **Unattached Swimmers.** A swimmer who has a valid membership at a SAIL pool (hereafter referred to as "membership" team) and is unable to swim with the "membership" team because they are coaching at another SAIL pool (hereafter referred to as "employment" team) may swim as an unattached swimmer. The following rules apply:

1. Unattached swimmers cannot swim in any relays.
2. Unattached swimmers do not earn points or places in any meet (dual/triangular, Divisional, Championships/Classics) for any SAIL team. The points and places go to the "unattached" team.
3. A swimmer may swim with their "membership" team at the divisional meet of their "membership" team provided the swimmer swam at least two dual/triangular meets with their "membership" team. The divisional entry time may be from any meet swam with the membership or with the employment team. Proof of times is required to be produced by the membership team.
4. A swimmer may swim unattached at the divisional meet of their employment team, if the two meet requirements have been met. The two meet requirements may be met by swimming either for the "membership" team or at a meet where the "employment" team is participating. The divisional entry time may be from any meet.
5. Unattached swimmers who qualify may swim in championships/classics and continue to swim unattached. An unattached swimmer is eligible for the high point award.
6. Unattached swimmers or teams are **NOT** eligible to win the Founders or Metcalf Cups.

6.13 **Relays.** The SAIL Classics and Championships will have one heat of medley relays and one heat of freestyle relays for each age/sex group. Relay entry times will be the times achieved by that SAIL team in the Divisional Meet. The names of the four relay participants must be listed on the front of the relay card in the order in which they will swim in the relay. These do not have to be the same swimmers who swam the relay in the Divisional Championships. Participants in the relays must have been eligible to participate in the Divisional Championships by meeting all of the requirements; however, they did not have to actually participate (in relays or individual events).

6.14 **Stroke Judges.** The Officials Chairperson and Coaches Liaison will decide the number of Stroke Judges required for the Divisional meets and the Championships and Classics meets. Any exceptions must be approved by the Officials Chairperson and Coaches Liaison.