

DESERT SWIM LEAGUE RULES

Revised March 29, 2011

MISSION STATEMENT: The Desert Swim League (DSL), established in 1969, is a 10-12 week summer competitive sprint swim league. Our goal is to provide a competitive atmosphere in which eligible swimmers can compete in all strokes and relays without the rigors of competing in a recreation or a year around swim program.

The DSL is not a corporation, sole proprietorship, partnership, or individual entity. Nothing legally binds us except the DSL Rules. We are directed by elected or appointed representatives. Currently there are two (2) elected representatives: President and Secretary/Treasurer. Positions are voluntary and there are no set term limits. Rule is by majority. Each permanent status team, see Rule 14.0, has one vote and only an authorized team representative can vote. Our principles are to promote and support equality, respect, and the people's interest.

1.0 SWIMMING SEASON AND SCHEDULE

The DSL swim season officially starts May 1st of the current year and is usually completed by the end of the third week in July. The core schedule is separated into two parts: non-championship (NC) and championship (C) meets. There are six (6) required NC Meets (1-6), four (4) of which consist of one (1) relay and two (2) strokes, and two (2) IM qualification meets, see below. Championship's (C Meets 7 - 9) consists of the IM, Relay Finals, and Stroke Championships. The complete DSL schedule, listed below, is to be swum in consecutive order as noted. Optional meets may be scheduled at any time prior to the start of the Championships meets. Optional meets are not required and are not part of the required core schedule. Optional meets generally consist of one (1) relay and two (2) strokes although events may change with mutual agreement by the participating teams. Intrasquad meets are considered as optional meets. The core schedule, relays and strokes, is determined at the annual meeting, and may vary from year to year. The IM and Stroke Championships may be combined into a 3 day schedule. The Relay Final, if scheduled, is held prior to the IM and Stroke Championships and is usually split into two groups (2 meets).

NC MEET 1 FREESTYLE RELAY, FREESTYLE, BACKSTROKE

NC MEET 2 FREESTYLE RELAY, BACKSTROKE, BREASTSTROKE

NC MEET 3 * FREESTYLE RELAY, MEDLEY RELAY, BREASTSTROKE, BUTTERFLY

NC MEET 4 * FREESTYLE RELAY, MEDLEY RELAY, BUTTERFLY, BREASTSTROKE

NC MEET 5 FREESTYLE, BACKSTROKE, IM (IM QUALIFICATION MEET)

Swimmers with IM times greater than 2:15 will swim freestyle and backstroke.

Swimmers with times of 2:15 or less will swim the IM. Coaches need to know their swimmer's times prior to this meet and enter their swimmers accordingly. IM Swimmers may swim in one stroke as a warm up, not both. No ribbons are awarded for warm ups.

NC MEET 6 BUTTERFLY, BREASTSTROKE, IM (IM QUALIFICATION MEET)

Same rules as NC Meet 5 (above).

* 6U will swim Freestyle Relay; all other age groups will swim the Medley Relay.

OPTIONAL MEETS – Generally, meets will consist of one relay followed by 2 strokes.
Events must be mutually agreed upon by participating teams prior to the meet.

C MEET 7 IM CHAMPIONSHIPS (Timed Finals) – See C Meet 9 – Maybe combined with Meet 9

C MEET 8 RELAY FINALS (team selects swim format) – Not in the 2009/2010/2011 schedule
Even Year Events – Freestyle/Backstroke/Butterfly/Medley/Crescendo
or Freestyle/Medley/Crescendo
Odd Year Events – Freestyle/Breaststroke/Butterfly/Medley/Crescendo
or Freestyle/Medley/Crescendo

C MEET 9 STROKE & IM CHAMPIONSHIPS
Monday – Prelims 6U, 9-10, 13-14 – IM Finals – 8U, 11-12, 15-18
Tuesday – Prelims 7-8, 11-12, 15-18 – IM Finals – 9-10, 13-14
Wednesday – Stroke Finals (Top Eight)
Thursday - optional date in case of rain out
6U and 8U represents ages 6 & Under and 8 & Under

2.0 AGE GROUPS, SWIM DISTANCES, AND EVENT DEFINITIONS

DSL age groups and swim distances are as follows (each age group consists of a girls and boys group):

6U	Strokes 25 yards/meters – Relays 100 yards/meters (4 x 25 yards/meters)
7-8	Strokes 25 yards/meters – Relays 100 yards/meters (4 x 25 yards/meters)
9-10	Strokes 25 yards/meters – Relays 100 yards/meters (4 x 25 yards/meters)
11-12	Strokes 50 yards/meters – Relays 200 yards/meters (4 x 50 yards/meters)
13-14	Strokes 50 yards/meters – Relays 200 yards/meters (4 x 50 yards/meters)
15-18	Strokes 50 yards/meters – Relays 200 yards/meters (4 x 50 yards/meters)

The Individually Medley (IM) shall be 100 yards/meters. The order of swim for the IM is Butterfly, Backstroke, Breaststroke, and Freestyle. Per NFHS Rules, a swimmer must remain on his or her back until some part of their body touches the wall, then a flip turn or turn can be executed.

The Medley Relay order of swim is Backstroke, Breaststroke, Butterfly, and Freestyle.

Most DSL pools are measured in yards. However, in the event a meter pool is used for Championship Meets, there will be no change in the way we operate. Qualifying times may have to be adjusted and a separate DSL Record chart for meters will be created and included with the yards record chart.

Crescendo Relay (see Relay Finals)

2.1 AGE OF SWIMMERS

A swimmer's age is determined by her/his age as of June 1st of the current year. See DSL Individual and Team Eligibility Rules.

3.0 DSL INDIVIDUAL AND TEAM ELIGIBILITY RULES

The eligibility rules for the DSL are as follows:

1. Swimmers who are currently registered as USS/USA swimmers may compete and score in all DSL NC and C Meets only if the swimmer has not practiced more than three days per week nor competed in an USS/USA sanctioned meet since January 1st of the current competing season.
2. USS/USA swimmer who has swam in a USS/USA meet since January 1st of the current season may swim in all non-championship meets, BUT MAY NOT swim in any championships meets (IM, Relay Finals, or Stroke Championships).
3. Swimmers who wish to compete in the DSL Championships must not be training or attending stroke classes more than three days a week from January 1st through to May 1st.
4. College students are eligible to swim as long as they satisfy Rule 2.1 but, no sanctioned college swimmer (regardless of age) is eligible to swim in the DSL.
5. All swimmers must compete in a minimum of three (3) non-championship (NC) meets, to be eligible for the DSL Championships.
6. There are six (6) non-championship (NC) meets. Each team must swim in all six (6) NC Meets to be eligible for the DSL Championship Meets. Exceptions such as weather may prevent a team from meeting this requirement. The DSL must be notified and given a reason(s) in the event a NC Meet is cancelled or not completed.
7. Swimmers are not allowed to be registered and/or swim with more than one team during the current season.
8. Teams may not combine (multiple teams/pools swimming under one team name) for the sake of scoring points in Championship meets. The only exception is, combined teams MUST BE COACHED BY THE SAME COACH.
9. Each swim facility (a pool where practices and/or meets are held) will be considered a separate entity and will be subject to a membership fee even though they may be connected, whether financial or operating, to another existing entity. See Rule 15.0.
10. If a team for whatever reason fails to show up for a Championship Meet, they will be expelled from the league for the following swim season. The league will vote on reinstatement at the annual meeting the following year. Majority rules.

4.0 RULES FOR NON-CHAMPIONSHIP (NC) MEETS

We must all understand and accept the following philosophy: there must be flexibility in the non-championships (NC) portion of the swim season. However, whether the meet is scored or not, in no event shall a team, coach, or swimmer knowingly take advantage of another team, coach or swimmer in an effort to win higher place ribbons, score more points, etc... The goal is to have all meets over by 8:30P. For the year 2011, timing will be mandatory for all six (6) Core Meets and optional for all other meets.

4.1 STARTING TIME FOR NON-CHAMPIONSHIP (NC) MEETS

All NC meets shall begin at 6:00PM the day scheduled unless otherwise agreed upon by all coaches involved or weather becomes an issue. Warm-up for the home/hosting team is 5:00PM. The pool shall be available at 5:30PM for the visiting team(s) to warm up.

4.2 ORDER OF SWIM FOR NON-CHAMPIONSHIP (NC) MEETS

Even though there is a ‘standard order of swim’, every effort should be made to swim the 6 & Under age group as quickly as possible. Coed relay teams are permitted however, girls must swim in the boy’s corresponding age group relay event. See Rule 4.5. Stroke order of swim, girls followed by boys, will be: First stroke - 6U, 7/8, 9/10, 6U second stroke, 11/12, 13/14, 15-18. Second stroke – 7/8, 9/10, 11/12, 13/14, 15-18. Larger pools can swim ‘straight through’.

4.3 SCORING OF NON-CHAMPIONSHIP (NC) MEETS

When both coaches are in agreement, a meet may be scored. No team is obliged by DSL rules to score the meet. If scoring is agreed upon, the points awarded must be as follows:

Place	1st	2nd	3rd	4th
Relays	6	3	--	--
Individual	5	3	2	1

There shall be one scoring heat for each event. It shall be the first heat of each girl and boy age group in each event swum.

More than one relay team may be entered in relay events, but only one may score. Individuals may only swim in one individual event scoring heat for points. An individual may score in a relay and in an individual event.

4.4 EXCEPTIONS FOR SCORING NON-CHAMPIONSHIP (NC) MEETS

If there is only one member from an age group entered, the swimmer may score in all individual events for points. The relays from that age group shall not be scored.

If there are two or three members entered in an age group, individual events will be scored in accordance with Rule 2.0, but relays will not be scored. There must be four members of an age group entered in order to score relays.

COACHES MUST DECLARE THE AGE GROUPS IN WHICH THE EXCEPTION RULE WILL BE FOLLOWED BEFORE THE START OF THE MEET. A SWIMMER LEAVING THE MEET AFTER THE START OF THE MEET SHALL NOT BE A CAUSE TO EVOKE THE EXCEPTION FOR SCORING RULE.

4.5 MOVING UP IN AN AGE GROUP

A swimmer may move up in an age group in relays only. In order for a swimmer to move up, however, the exception rule, 2.1, shall have been evoked before the start of the meet. If a swimmer does move up, he/she shall swim in one relay only. NO SWIMMER shall be permitted to move down in any event. If a swimmer misses her or his event in a Non-Championship Meet, they may select to swim in the next age group providing there is a lane available. A swimmer who misses their event in Championships will not be given another opportunity. They will be considered disqualified from that event.

4.6 RIBBONS FOR NON-CHAMPIONSHIP (NC) MEETS

If teams are not scheduled on a home and home schedule then, the visiting team(s) must: 1. Pay the home team for ribbons used - The cost will be \$ 1.00 per swimmer in attendance or, 2. Bring your own ribbons. **Ribbons will continue to be awarded to stroke swimmers however; ribbons will no longer be awarded for relay events.**

5.0 CHAMPIONSHIP MEETS (IM, RELAY FINALS, AND STROKES)

Each year the DSL awards a league championship trophy. The team trophy is based on the overall scoring of both the IM and Stroke Championship Meets. The team trophy is a ‘traveling trophy’. This trophy is to be returned the following year at championships.

5.1 ELIGIBILITY – CHAMPIONSHIP MEETS

To be eligible for the DSL Championships, swimmers and teams:

1. Must compete in a minimum of three (3) NC meets.
2. Must not have practiced more than three days per week since January 1st of competing year.
3. Must not have competed in a USS meet since January 1st of the current year.
4. A swimmer who has practiced more than three days per week or competed in a USS meet may compete in non-championship (NC) meets but not in any DSL Championship Meet.
5. All teams must have competed in all six (6) non-championship (NC) Meets.

5.2 SCORING

Scoring for championship meets (IM and Strokes) shall be done in accordance with the current high school rule book. The exception shall be that at finals for championships all of the lanes may be filled to compose the championship heat. The top 16 swimmers in both the IM and Strokes, per age group, score points towards determining the league champion. Scoring format is noted below:

PLACES	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
POINTS	20	17	16	15	14	13	12	11	9	7	6	5	4	3	2	1

Scoring for championships is usually done by the use of the computer software program Meet Manager/Team Manager. However, manual adjustments may be necessary where applicable.

The .0X rule is sometimes used to determine places. If there is a discrepancy in the buttons, stopwatch times, and place judge call and if the times are within one or two hundredths of each other, a tie is called. Place judges have the final call. When touch pads are used, the pad time is final.

5.3 RELAY FINALS – not scheduled in 2009/2010/2011

THE RELAY FINALS ARE NOT SCORED FOR CHAMPIONSHIP PURPOSES. Each team may enter no more than two (2) teams per event. If heats are needed, places are awarded based on times. Swimmers may swim in no more than two (2) relay events plus the crescendo relay. Coed relay teams may swim, however these events must be against other coed teams. Backstroke relay – After dive, swimmers will immediately turn and surface in the correct swim position. No underwater strokes will be allowed. In the event, the relays are disrupted, they will not be rescheduled. Rule 3.0 applies.

If and when relay finals are held in pools with less than eight (8) lanes, relay events and team's entries may be reduced. These decisions will be made prior to the meet. Every effort will be made to hold the relay finals at a pool with at least eight (8) lanes.

The Crescendo relay consists of one member from each group and one eligible parent. Each leg is 25 yards/meters. The order of swim is 6U, 7-8, 9-10, 11-12, 13-14, 15-18, and a parent. Girls and boys participate in separate relays. Parents must have a current registered member on the team they are swimming on. Crescendo relays, which are not swum in the order noted, will be allowed to participate but are not eligible to receive ribbons. No coed teams are allowed. This relay starts at the opposite end of the pool from where it finishes. Hologram ribbons are awarded to all eligible Crescendo relay team members.

5.4 INDIVIDUAL MEDLEY (IM) – may be combined with the stroke meet

The minimum time for IM qualifications/entry is 2:00. Swimmers with times greater than 2:00 will not be awarded points or medals. Only four swimmers per team may enter this event. In most cases, there will be several heats within each age group. Final placing and points will be determined by times. In the event the IM is disrupted, all coaches must mutually agree upon a make up time/date/location. Medals are awarded to the top eight (8) in each age group. Rule 3.0 applies. Age groups for the IM: 8U, 9-10, 11-12, 13-14, 15-18.

5.5 STROKES

Each team is allowed at most eight (8) entries per event in all age groups. Event order for stroke championships (prelims and finals) is freestyle, butterfly, backstroke, and breaststroke. In the event delays occur, such as weather, and the available days to complete the event are reduced from three days to two days, timed finals will be used to determine places and points similar to the IM Championship format. Other options may be considered, especially if two days are disrupted however, the majority of the league coaches must agree upon the format. If the stroke championship is completely canceled, no championship will be awarded. Medals are awarded to the top eight in each age group per stroke. Rule 3.0 applies.

Points from the IM and strokes are combined to determine the league champion.

Errors in entries may be corrected up to one hour prior to the scheduled starting time for both IM and stroke events. Entries must have times noted. Entries without times and ages will not be entered.

In Championships, a swimmer may swim a total of two individual strokes plus the IM.

5.6 AWARDS – RIBBONS, MEDALS AND CHAMPIONSHIP TROPHY

Relay teams are awarded ribbons based on placing. Individual swimmers are awarded medals based on their placing in both the IM and Stroke placing. A traveling team trophy is awarded to the league champion. Relay ribbons and medals for the IM and Stroke Championships are provided by the DSL. The traveling trophy must be returned to a DSL official on or before Wednesday of championship week.

5.7 ENTRY/SPLASH AND OTHER USAGE FEES, AND DEADLINES

The entry/splash fees are paid to the host(s) team and are due by Friday of Championship week. Fees will be determined at the annual meeting. Entry/splash fees are the responsibility of each participating team. Swimmer entry/splash fees - teams are required to pay, per swimmer: one fee for the IM and one fee for their stroke or strokes (2 strokes max). Fees for 2011 are: \$1.50 per swimmer for one or two strokes (max 2 strokes) and \$ 1.50 per swimmer for the IM. All other fees, such as pool or timing/scoring systems fees will be paid by the DSL.

5.8 DEADLINES

Entry deadline dates for IM's and strokes, warm-up and start times, and pool locations are determined at the annual meeting. Teams are required to submit entries using Team/Meet Manager.

6.0 DSL MEMBERSHIPS

All DSL teams must abide by all Desert Swim League rules as set forth herein and meet the obligations for swim meets as set forth in rule 2.1 as well as be present at all championship meets. The annual dues for DSL membership shall be set at the planning meeting prior to the start of each session. Dues must be paid to the Treasurer of the DSL prior to June 15. Failure to pay membership dues, entry/splash fees, or other required fees may result in a one year suspension from the DSL. Reinstatement will be voted on by the active members during the DSL's annual meeting the following year. All delinquent fees must be paid prior to reinstatement. The DSL will pay the host team all required or necessary fees beyond entry/splash fees.

7.0 ADOPTED STROKE RULES

The stroke rules shall be the rules as adopted by the National High School Federation for the current swimming session. Certain DSL exceptions are noted in the DSL Stroke Rules Addendum.

8.0 DSL ORGANIZATION

The DSL is directed by the coaches and other volunteers of the DSL membership teams. See paragraph two (2) of the Mission Statement. The purpose of the Desert Swim League is to provide an alternative swimming involvement program to summer recreational swimmers. The league operates under the 'spirit' of fair, honest, and good sportsmanship. The emphasis is to provide a swimming environment in which all teams compete on a level playing field. All rules and regulations of the DSL may be changed on site by agreement of the coaches.

9.0 DSL OFFICIALS

All DSL officials at swim meets shall have attended a pre-session training session or be a current or former swim coach. Their decisions may be overruled by mutual agreement of the coaches at any dual meet.

During Championship's, there will be a minimum of five lane judges, two at each end and one walking the side. Dual confirmation will be the process used to support disqualifications.

10.0 CROWD CONTROL

It is the responsibility of the host team to provide adequate space for the visiting team (swimmers and their parents) to congregate. Each team is responsible for the actions of their parent(s) and/or swimmers in the event they become unruly or disruptive. Parents and/or swimmers may be asked to leave the premises and as a last resort, the meet may be canceled. Long term disciplinary action up to and including eviction from the DSL may result. Final determination will be decided, by vote, at the annual meeting. Parents are not allowed to congregate at the start and/or finish lines. This area is reserved for coaches, timers, judges, and other designated swim meet officials.

11.0 COACH'S ATTIRE

It is expected that all coaches and other members of their respective coaching staff dress in an appropriate manner before, during, and immediately after meets. No outlandish dress will be permitted. Coaches and/or their teams may be asked to leave the deck and/or forfeit the meet. Any forfeited meet will not count in the required number of meets set forth in Sec 3.0# 6 towards Championship Meets.

12.0 WEATHER

IM and Stroke Championships are usually scheduled for Monday, Tuesday, and Wednesday.

1. If Monday is cancelled, meet is rescheduled to Tuesday, Wednesday, and Thursday. If Monday and Tuesday or Monday and Wednesday are cancelled, the complete meet is cancelled.
2. If Tuesday (Monday OK) is cancelled, meet is rescheduled for Wednesday and Thursday. If Tuesday and Wednesday or Tuesday and Thursday are cancelled, the complete meet is cancelled.
3. If Wednesday (Monday and Tuesday are OK) is cancelled, meet goes to Thursday. If Thursday is cancelled, complete meet is cancelled.

In the event the Championship Meet is cancelled, there will be no medals, trophy, or league champion awarded. In the event days are partially cancelled, teams will meet to determine what course of action needs to be followed to salvage the season, if possible.

13.0 CHAMPIONSHIP - MEDALS AND TROPHY AWARDS CEREMONY

If the meet is completed, all teams are required to meet immediately after the finish to pickup medals and witness the awarding of the championship/team trophy. There will also be a brief meeting recapping the season. Each team is requested to bring a flash drive (one per team) so every team can have the complete results when leaving.

14.0 NEW AND RETURNING TEAMS or applicants as noted below

The basic process for admitting new and/or returning teams into the DSL is as follows (new teams are defined as having had no prior affiliation with the DSL and returning teams are defined as having been away from the DSL for at least one swim season). 1. the approval process takes place at the annual meeting, 2. Introductions are made and each applicant is given the opportunity to support their request for admittance followed by questions from the existing teams, 3. once the business part of the meeting is over, a 'behind the close doors' meeting is held with the existing teams and a vote is taken, 4. if a majority of the teams vote in favor, applicants are admitted with the understanding that a one (1) probationary period is required before permanent status is granted. Permanent status will be decided at the next annual meeting.

It is important for new applicants to sit through the annual meeting to see and hear what the DSL is all about.

15.0 COMBINING TEAMS

Teams from multiple sites can request to be combined (swim as one team) for non-championship scheduling purposes based on swimmer enrollment or other operational reasons. This request must be presented at the annual meeting. Combined teams are still responsible for the individual team financial requirements set forth by the DSL. The concept of one pool, one team is the general accepted practice, but this exception can be granted...

However, during Championships all teams are required to compete as individual teams for scoring purposes. No exceptions!

16.0 TEAM, POOL, AND MEET OPERATIONS

Meet operations may vary slightly from location to location based on pool size. Several goals which all teams should strive for are: 1. Finish the 6U age group as soon as possible, 2. Make sure each swimmer has their times recorded, 3. Ensure that all swimmers receive their earned awards, 4. Do the right thing so parents and swimmers don't leave unhappy. One race must finish before another one starts, in other words, two or more races can't be in progress at the same time in the same pool using the same lanes.

17.0 RIBBONS AND MEDALS - CHAMPIONSHIPS

Ribbon colors are to be in the following format: 1st – Blue, 2nd – Red, 3rd – White, 4th – Yellow, 5th – Green, 6th Orange, 7th – Pink, 8th – Purple. Color variations are accepted for the 6th, 7th, and 8th place ribbons. Also, the place (example 3rd) must be shown on the appropriate colored ribbon.

DSL STROKE RULE ADDENDUM

All stroke rules for the DSL shall be drawn from the current High School Swimming Federation Rule Book. The following exceptions should be noted:

1.0 In good faith, all stroke rules will be enforced at all swim meets. Two hand touches, flipping over on backstroke, and false starts will be strictly enforced for all age groups.

2.0 6U AGE GROUP

Freestyle - No disqualifications shall be made unless a swimmer impedes the progress of another swimmer.

Backstroke - As long as the swimmer remains on his back for the duration of the race, there will be no disqualifications, unless the variance disturbs the progress of another swimmer.

Breaststroke - No flutter kicks or dolphin kicks will be allowed.

Butterfly - The swimmer must attempt to recover the arms simultaneously above the surface of the water.

'Head catching', backstroke, is not allowed for any age group during championship meets.

2.1 SEVEN AND UP AGE GROUPS

High school rules shall be strictly enforced at all times.

3.0 BENEFIT OF DOUBT

All DSL officials must give all swimmers every benefit of the doubt before calling an infraction of the rules. The official should be positive that the infraction was made before the disqualification is made.

An official upon seeing an infraction should raise his hand to indicate to the starter/referee that an infraction was made. The referee should notify the scorer of the infraction and disallow any points scored.

4.0 ADULT/COACH'S RELAYS

DLS coaches should attempt to have an adult relay at all DSL meets. Teams should consist of both coaches and parents. The relay shall be of a length and style within the capabilities of those involved. It shall not be a scored event should take place directly before the last relay of a swim meet.

5.0 TIMING FOR NC MEETS

Timing is required for the six (6) NC Core Meets. Timing is optional for all other NC Meets.

