

Alamo Area Aquatic Association North East Summer Swim League Policies, Procedures, Rules and Regulations



Please make special note

More than 95% of all communications between the Alamo Area Aquatic Association (AAAA) and the Summer League Teams is via e-mail and the Web Site. Therefore, it is imperative that each and every team has a current and reliable e-mail address and telephone number listed in the Team Directory, which is accessible from the Home Page of AAAA Web Site (www.aaaa-sa.org). It is each team's responsibility to ensure that this data is kept current and accurate. There are instructions on the Summer League Home Page or you may simply e-mail any additions, deletions, or revisions to: <mailto:swimsa@att.net>. League Management cannot be responsible for missed communications if this responsibility is not met.

North East Conference Commissioner

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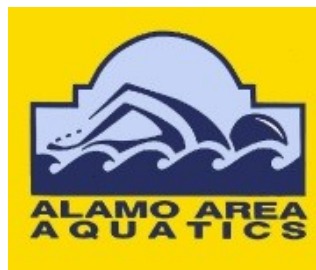


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I. Introduction

The Alamo Area Summer Swim League (AASSL or The League) is governed and managed by the Alamo Area Aquatics Association (AAAA) and was developed to bridge the gap that can come to exist between swimming lessons and Club and / or High School swimming. It is intended to be a relatively low pressure, high excitement introduction to competitive swimming, which can be a very important developmental experience, especially for swimmers age 12 and younger.

The primary goal of the AASSL is to introduce, encourage and develop high interest in the sport of swimming while instilling the values of good sportsmanship, hard work, respect and learning how to win and lose gracefully.

In order to accomplish this goal, the AASSL provides, through its Member Teams, quality competitive swimming instruction, competition, and water safety at a level designed to be fun for the athletes, parents and coaches. Swimming, like life, can and often is, both competitive and fun.

Successful operation of the League relies very heavily on volunteers, which includes an Executive Board chaired by the Chairman of the AAAA Board of Directors. Parents are strongly encouraged to “get involved” in some way other than being a spectator. Their help will be appreciated and the competition better for it.

The AASSL is mostly an electronically administered league. A Summer League Home Page is maintained on the AAAA Web Site at www.aaaa-sa.org and most communication flows through that website and by e-mail.

For logistical and geographic reasons, the AASSL is divided into two separate and *completely* independent entities: One based in the Northside Independent School District (NISD) and the other in the North East Independent School District (NEISD).

With the exception of certain purely administrative and organizational matters, each of the Conferences operates under its own, unique set of Rules, Regulations, Policies and Procedures. Throughout this document, those elements exclusively relevant to ONLY NEISD are specifically identified with the use of “NE,” “NEISD” or “North East” as a prefix.

In general, this document is relevant ONLY to the North East AASSL!

II. Membership

A. Team eligibility

1. Summer League teams are recreational swimming organizations that cater primarily to seasonal (summer) only swimmers. Club and High School swimmers, with certain restrictions, are allowed and encouraged to participate.

B. Application for membership

1. Applications for new membership in the League should be submitted along with the new team registration fee to the League Commissioner as outlined in Section VII not later than January 15th of the year participation is desired.
 - a. The AASSL Executive Board will consider such requests within 20 days and, if approved, the requesting Team must then comply with all aspects of these Policies, Procedures, Rules, and Regulations; including the prompt payment of all fees noted in Section VII.
2. **Current member teams must have committed to the League each Season by submitting a non-refundable team registration fee to the League Commissioner as outlined in Section VII no later than August 1st, of the previous year. After that date, teams must re-apply as new members.**
3. Each member Team shall provide a “criteria for membership” statement, which indicates what is required by their pool policies, e. g. By-Laws, etc. in order to be a member of their pool / swim team. In addition, address information necessary for providing a point of contact in a Team Directory on the AAAA Web Site, to include at least one valid e-mail address are.

C. Withdrawal from the league

1. Member teams who choose to withdraw from the League and later wish to re-join, must re-apply as a new member.

III. Athlete Eligibility

- A.** A swimmer's age for the entire Season is determined by her / his age as of June First of the current Season.
- a. Swimmers who have reached their 19th birthday by June first of the season may not compete in the AASSL.
- B.** Six and under swimmers WILL be permitted to compete in the 25-yard freestyle and backstroke events at the North East AASSL Championship Meet.
1. Six and under swimmers may also participate in either of the eight and under relays in the North East Conference Championships provided they may have at some time have achieved the necessary qualifying time.
- C.** Six and under swimmers ARE permitted to compete in any event in any "dual / tri" North East AASSL competition at the discretion of Meet Management.
- D.** Swimmers who may have ever achieved a USA Swimming Sectional time, short or long course, in any event or who may do so during any AASSL Season may not participate in ANY NE AASSL competition at any time or under any circumstances.
- a. Current Sectional Time Standards are [HERE!](#)
- b. Teams who knowingly or unknowingly enter Sectional Qualified swimmers in any North East AASSL competition will be banned from the North East Championships.
- 1) No appeals of such bans will be considered.
- E.** Swimmers who have achieved a current TAGS time, short or long course, are ineligible and MAY NOT participate in ANY North East AASSL individual or relay event in the North East Conference Championships. Current Short Course TAGS Time Standards are [HERE](#) – Long Course Times are [HERE!](#)
- a. In the dual / tri meets TAGS qualified swimmers must swim exhibition in all entered individual events and therefore may not score. In cases where TAGS qualified swimmers qualify a Relay Team to the Championships, the TAGS swimmer may NOT participate on the Championship Team.
- b. Teams who knowingly or unknowingly enter TAGS qualified swimmers to score in prohibited events will be banned from participation in the North East Conference Championships.
- 1) No appeals to such bans will be considered.
- F.** A swimmer's eligibility to swim in North East AASSL competition relative to Sectional and / or TAGS Times may be individually challenged based on the times in Appendices C and D. However, the burden of proof lies with the challenger.
1. League Management will also periodically review team rosters and entries into the North East Conference Championship Meet, and again at the conclusion of the current season in order to detect athletes who may be competing or have competed in League meets while in violation of these restrictions.
- a. In the event League Management detects one or more violations of the time restrictions, the burden of proof to disprove the validity of the data lies with the swimmer's coach and parents.
2. Challenges noted above, must be submitted within 24 hours of discovery by first class mail or e-mail to the Commissioner but not later than July 3rd of the current Season.
- a. All Challenges must include date of discovery, challenger's name, and contact information.
- b. Anonymous challenges will not be accepted.
- c. All relevant documentation must accompany the challenge such as swimmers name and final meet results or reference to a recognized and established database that indicates a violation of the TAGS and Sectional Time Standards via the Links noted above.

- d. In addition, a \$100 deposit in the form of cash, cashier's check or money order must accompany all challenges, which will be returned in the event that the challenge is upheld and forfeited if the challenge is found to be baseless.
3. If the challenge is proven to be valid, or the League determines that one or more swimmers are participating in violations of these restrictions, i.e. **1)** the challenged swimmer has a season best time equal to or faster in any event listed in the Sectional and / or TAGS Tables above; **2)**, the swimmer was competing in events / strokes in which they were Sectional / TAGS qualified; the offending swimmer will be permanently banned from further competition in the North East AASSL.
- a. In addition, the team will be assessed a fine of \$100.00 for the first offending swimmer, \$200.00 for the second, \$300.00 for the third, fourth, etc.; payable to the Alamo Area Summer Swim League within five business days.
 - 1) If fines are assessed prior to the NE AASSL Championship Meet, the offending team shall not participate in that competition until the fines are paid in full. If any fines assessed are not paid in full by August first of the current season, the offending team will be banned from ALL league participation until the fine(s) are paid in full and it will be necessary to re-apply as a new team.
- G.** The ONLY acceptable sources for proof-of-time are the Alamo Area Aquatic Association's Meet Results Archives and the USA Swimming SWIMS National Database.
- H.** Team coaches and parents are solely responsible and accountable for the integrity and accuracy of all aspects of the eligibility of each swimmer representing her / his team.
- 1. Any attempt to avoid or deflect these responsibilities will be viewed as an admission of guilt and will be dealt with accordingly.
- I.** Swimmers may compete for only one North East AASSL Team during any given season.
- 1. Violators will have all of their North East AASSL times and scores invalidated and will be banned from further participation during the current season.
- J.** North East AASSL swimmers must be able to swim at least their age-appropriate distance unassisted.
- K.** No North East AASSL swimmer shall compete at the same distance using the same stroke in more than one age group.
- 1. The North East AASSL competition age groups will be found in Appendix A.
- L.** An important distinction must be made between entering an event and participating in an event.
- 1. It shall NOT be permissible, under any circumstances, to enter, more than the allowed number of events and then subsequently scratch from those in excess of the number allowed.
- M.** Employees of a member team's pool may compete only if they are also individual members of the team and in compliance with all other eligibility provisions.
- N.** No swimmer may participate in any North East Conference AASSL meet unless they are listed on the official roster submitted to the Commissioner.

IV. North East AASSL Administrative Considerations

A. General

The North East AASSL is an activity of the Alamo Area Aquatic Association (AAAA) and is directed and managed by a Commissioner (Appendix G) who is responsible and accountable to an all-volunteer Executive Board appointed by the AAAA Board of Directors.



B. Member Teams

Teams who have been members of the League in the previous year are automatically considered to be members in all succeeding years provided they meet the annual fee requirements as outlined in Appendix M.

1. Teams that were not members of the League in the previous year must formally apply for membership to the North East AASSL Commissioner (Appendix G).

C. Team Representative

Each member team is required to have at least one designated team representative through which communications from the League will flow. The primary mode of communications is by e-mail and each member team is required to provide the Commissioner with at least one reliable e-mail address and telephone number.

D. Website

The AAAA Web Site at www.aaaa-sa.org is also extensively utilized as a means of broader communications with Member Teams. There is a Summer League Home Page, from which a variety of information can be accessed, including the Team Directory with telephone numbers and e-mail addresses. Since information on the Web Site is updated very frequently, it is essential that each team make it a practice to visit it daily during the season. It is an administrative imperative that each team representative periodically ensures his or her data posted on the Team Directory is accurate and current.

E. Communications

Member Teams who choose not to avail themselves of these communications channels will almost certainly fail to be kept informed as to the goings on in the League, including meetings, schedules, calendars, official's clinics, etc.

1. The League will accept no responsibility for failed communications if Team Directory data are not currently and / or accurately maintained. Instructions for updating Team Directory data are prominently displayed near the top of the Directory itself.

F. Family Registration Forms

Teams are provided with three-part Family Registration forms (white copy is for the teams- yellow copy is to be submitted to the commissioner (in *alphabetical order* please). The family should retain the pink copy. Each swimmer must be listed on a Family Registration Form and a parent or guardian must sign the form and all waivers.

1. Teams may, in lieu of the above, utilize the electronic registration procedure.

G. Team Rosters

1. Each Team must provide the Commissioner, by email, a complete, current, and accurate Athlete mailing list (AML) and submit Family Registration Forms before the first meet of the current season. This submission is crucial to the provision of insurance and teams failing to meet the deadline jeopardize all of the other teams in that regard. Because it may not be possible to obtain accurate team data prior to the first official practice team census data from the previous season will be utilized for insurance purposes.

- a. The required roster must be prepared using appropriate Team Management software, because addresses are necessary for insurance purposes and Team Manager® very nicely fulfills that requirement. Since it is necessary to utilize Team Manager for Conference Championship Meet entries, several steps can be eliminated by utilizing the program for more than one purpose (once your roster is in Team Manager, completing division entries is simply a matter of selecting events).
- b. At any time during the season, if / when there are additions to a team's roster a re-submission is required. Re-submittals must be by email. Deletions from a team's roster are of no consequence as registration fees are non-refundable.

H. Scheduling of the North East AASSL Championship

1. Meet Information for the North East Conference Championship Meet will be posted on the AAAA Web Site with the dates and times just as soon as the data become available.
 - a. Much of the information and data contained in the posted Meet Information will be a reiteration of material within this document. However, the Meet Information will always take precedence.

I. Amateur Athletic Status / Athletes Teaching Lessons

The University Interscholastic League (UIL) imposes stringent rules on high school athletes who may be employed by summer league teams / pools. High school eligible athletes, who may become so employed, are required to read and understand the following three paragraphs, which are quoted from the current UIL Rules.

1. **ATHLETES TEACHING LESSONS. Caution! Eligible swimmer athletes will be in violation of the Amateur Rule if they are paid to teach any level of swimming or diving other than beginning swimming or lifesaving. Fees for teaching at these two levels may not exceed the prevailing rate as specified in the UIL Constitution and Contest Rules, Section 441(d). Pay for coaching is a violation.**
2. **INTERPRETATIONS. UIL eligible athletes may not be paid to serve as a coach or assistant coach. UIL eligible athletes may be paid to instruct swimming or to lifeguard. The method and rate of pay is the test. They must be paid at the pool's rate for lifeguarding or swimming instruction. All documentation will be considered in an eligibility case, i.e., UIL eligible athletes may not be listed on any flyers or programs as a coach or assistant coach. All time sheets must reflect hours spent in swimming instruction and / or life guarding.**
3. **Based on current interpretations of UIL Rules, it is recommended that High School coaches exercise caution in coaching their school's athletes on any North East AASSL team.**

V. Facilities and Equipment

A. General.

1. All that follows in this Section (V.) outlines the minimum requirements with regard to both facilities and equipment. All league member teams are expected to make good faith efforts to comply with each of the requirements. However, it is recognized that some facilities, especially those fielding first year teams, may not have the capabilities, resources, support and / or permission to adequately or completely meet those requirements. When necessary, the Commissioner will address such matters on a case-by-case basis, perhaps with the advice of the Executive Board, in order to arrive at workable solutions that will not seriously compromise the fairness or safety of competition.
 - a. Teams who consistently refuse to make good faith efforts to acquire the equipment and / or to upgrade their facility to conform to the requirements, as determined by the League's Executive Board, shall forfeit their right to host dual / tri meets.

B. Facilities.

1. Pool Dimensions

a. Length

The preferred pool length is 25-yards, but courses of 25-meters and other lengths are acceptable.

1. However, entry times for the North East Championship Meet are required to be *ONLY* in short course yards (SCY), and it will therefore be necessary for teams with pools of non-conforming lengths, i.e. other than 25-yards; to apply an appropriate conversion factor to ensure their swimmers are seeded properly. The accepted conversion factor for converting 25-meter times to 25-yard times is 0.90. Teams with racing dimensions other than 25-yards or meters must develop other appropriate conversion factors.

b. Width

The preferred course is six lanes with a minimum width of six feet from centerline to centerline of the lane dividers, with approximately 1.6 feet of additional open water outside lanes one and six. It is recognized that most AASSL Member pools have different configurations. The minimum configuration is four lanes.

c. Depth

The preferred minimum depth is four feet, but it is recognized that many AASSL Member pools may have shallower minimum depths. There are significant safety restrictions on starting in relation to the depth of the water when the minimum depth is less than 48 inches. Please refer to Section VI, Safety, for detailed information concerning water depth and the restrictions that may apply.

d. Lane markings

1) Bottom

The bottom of each lane shall be marked along its center with a continuous, contrasting (preferably black) line (lane guide) at least six inches wide, extending to within two meters of either end of the pool. The ends of the lines should be terminated with cross bar of the same material and lateral dimensions.

2) End Walls

The end walls of each lane shall be marked at its center with a flush, non-slip "T", "I" or cross of the same material and width as the bottom markers. End wall lane markers shall extend a minimum of two feet below the surface of the water.

3) Top edge of deck

It is recommended that the top edge of the deck be of a contrasting color to the end wall markers to provide a visual target above the water line at the end of the course.

4) Lane numbers

Lanes shall be numbered from right to left as viewed from behind the starting blocks. The numbers shall be easily visible to competitors and officials from either side of the pool. It is recommended that the lanes also be correspondingly and prominently numbered at the turn end of the pool.

2. Water Quality

Water temperature, chemistry, etc. shall be in compliance with the Local and Texas State Health Codes and / or the current USA Swimming Rules and Regulations.

C. Equipment.

1. All equipment requirements are the responsibility of the meet host. The following are strongly recommended:

a. Starting signal, preferably with a visual reference.

Whistles MAY NOT be used as a signal to start any race in any AASSL competition.

b. Recall rope at the approximate length-wise center of the pool.

c. Three digital stop watches per competition lane plus a minimum of five spares.

d. Backstroke lines consisting of at least three (minimum size, 12 by 6-inches) pennant-shaped flags per lane, shall be suspended over all lanes and placed five yards / meters from either end at a minimum height of five feet (preferably seven feet) above the water's surface.

e. Identical starting blocks shall be provided for all lanes and shall be securely anchored to the deck. The platform shall be flat, have a minimum surface area of 256 square inches, and be covered with a non-slip material. The front edge of each block shall be flush with the pool's end wall and a hand-grip for backstroke starts shall be provided. The platforms may slant from back to front to a maximum of 10 degrees from the horizontal. Backstroke wedges ARE NOT permitted.

1) For specifications regarding starting in relation to the depth of the water please refer to Section VI, Safety

f. Floating lane markers / dividers.



VI. Safety

A. General

It is not the purpose of this document to establish standards of safety for the competitors. The competitors and the Community Pool Organization must address safety considerations wherever a meet is held. Specific standards of safety and operation of a swimming pool as published and determined by the Texas Department of Health are available at www.tdh.state.tx.us/beh/gp/pools.htm.

B. Safety Officer

Host teams shall provide a competent, Lifeguard Certified and responsible individual to serve as Safety Officer during all elements of competition and her / his identity shall be made known to the Meet Referee and all participating coaches.

1. The Safety Officer shall have complete authority over all safety issues that may arise during the course of the competition except for the secure anchoring of the starting blocks and water depth matters, which, by Rule, are the responsibility of the Meet Referee.
2. Failure to designate a competent Safety Officer and to ensure appropriate function may cause the host team to be found negligent in case of accident(s).

C. Coaches Certification

All North East AASSL coaches are required to be currently certified in either Safety Training for Swimming Coaches or Lifeguarding, as well as First Aid, and CPR. The Northside Aquatics Center (210-397-7500), Northside Natatorium (210-397-7525), Josh Davis Natatorium (210-356-6925), and The Aquatic Center at Palo Alto College (210-486-3800) offer the necessary certification and re-certification courses several times during the year.

D. Background Checks

Personal Background Checks for coaches and / or active team volunteers are highly recommended by the League. However, teams must make that decision independently and make whatever arrangements will meet their requirements.

E. Starting Depths

Under USA Swimming Rules, there are restrictions on starting in relation to the depth of the water. Those restrictions are noted in the table just below, which are drawn directly from the USA Swimming Rules. In addition, for teaching racing starts in any setting (starting blocks or the deck) water depth shall be six(6) feet. USA SWIMMING ADOPTED THESE RESTRICTIONS AFTER CONSULTING THEIR SAFETY COMMITTEE AND LEGAL COUNSEL IN ORDER TO PREVENT ACCIDENTAL CONTACT WITH THE BOTTOM OF THE POOL.

Water Depth versus Starting Positions	
Water Depth** At The Starting End**	Starting Position
48 inches or more	May start from blocks Not more than 30 inches above water or deck.
Less than 48 inches	Must start IN the water

* Water depth is measured at a distance of 3 feet 3 1/2 inches to 16 feet 5 inches from the starting wall.

**For relay events in some age groups, the turn end will also be the starting end for second and fourth swimmers and these same restrictions will apply in such cases.

F. Starting block Security and Stability

1. When one or more starting blocks is / are not securely anchored to the pool deck, all swimmers must start from the deck or in the water, i.e. none of the starting blocks may be used.
2. Securely anchored is defined as being attached or affixed in such a manner that no temporary, additional support, reinforcement, or stabilization is necessary during normal forward or backstroke starts.
3. It is the Meet Referee's responsibility to determine the security of the starting block anchoring prior to the start of a meet. Her / his decision in the matter is final and not subject to appeal.
4. This is an important safety issue and Meet Referees who do not enforce the restrictions when necessary expose the host team and themselves to possible litigation.

5. G. Alcohol

1. In no case should a volunteer or coach be permitted to consume any alcoholic beverage while on deck during a swim meet.

H. Lightning

1. Each pool which hosts a North East AASSL League Meet must have, in writing, a policy clearly stating its policies concerning the suspension and / or cancellation of competition in the event of inclement weather, specifically the presence of lightning in the immediate area.
 - a. This policy must be specific as regards when the pool must be cleared as well as when it is prudent to resume competition.
2. The pool Safety Officer must be familiar with these policies and provide the Meet Referees with whatever support is necessary to ensure adherence.
3. Meet Referees have the authority to forfeit meets at venues which do not have such policies available.

I. Drones:

1. Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open-ceiling locker rooms) any time athletes, coaches, officials and / or spectators are present.

VII. North East AASSL Fees

A. General

Checks must be made payable to AASSL and mailed or hand-delivered only to the Commissioner (Appendix G). Payments of any sort made to the League must never be left at one of the pools. To do so is to virtually guarantee they will not reach the Commissioner in a timely manner, or perhaps not at all.

1. Administrative and clerical personnel at the Josh Davis Natatorium are instructed to never accept payments of any sort to the League.
2. Payments left in unattended receptacles at the Josh Davis Natatorium will not, under any circumstances, be accepted, and the League will accept no responsibility for them. If such incidents do occur, an attempt will be made to contact the team involved, but no guarantees are made or implied and the payments will not be forwarded to the Commissioner.
3. Through the simple expedient of ensuring that all League payments go directly to the Commissioner and only to the Commissioner, all of the aforementioned difficulties can easily be avoided.
4. Normally, cancelled checks will serve as a team's receipts for any and all payments. However, if requested, the Commissioner will provide a receipt of funds received via e-mail.

B. Current Season Individual Membership Fees

For the current Season the League membership fee per swimmer is listed below. This amount includes insurance provided by the League (See Appendix J).

1. \$16.00 per swimmer, which includes the insurance coverage, and is due no later than June 21, 2019
2. A current, complete Athlete Mailing List (AML) and all Family Registration Forms must be on file and all fees must be paid prior to the first dual / tri meet in order for insurance to be in effect. Additional swimmers may be added after initial submission. All roster submissions must be by email.
 - a. At any time membership fees are submitted to the Commissioner, they must be accompanied by a current, complete, and accurate AML. When membership fees are received by the Commissioner without an accompanying, current AML, they will be regarded as having no official status.
 - 1) It is solely a Team's responsibility to ensure these procedures are followed to the letter. The League, the Executive Board, and / or the Commissioner will accept no responsibility for any fees that are not managed in accordance with the procedures specified.

- C. The last day for registration is 12-noon, Friday, June 14, 2019
1. Funds must be in the hands of the Commissioner by 6:00 PM, Thursday, June 20, 2019

D. **Preliminary and tentative information regarding the next year's Season will be found in Appendix M.**

VIII. North East AASSL Season and Uniforms

- A. The first in-the-water practice of the Current Season shall be held no sooner than Monday, May 13th.
1. Teams may conduct ONLY tryouts beginning Monday May 6th.
 2. Violators of this date restriction shall be reported to the appropriate North East AASSL Commissioner, in writing over a legitimate signature, not later than May 20th. Submissions received after that date will not be accepted.
 - a. If proven, teams who violate this start-date restriction will be banned from participation in the North East AASSL Championships.
- B. In 2018 there will be four (4) dual / tri meet weeks (Saturday through Friday) according to the schedule below:
- | | |
|---------|-------------------------------------|
| Dual #1 | Week of June 1st through June 7th |
| Dual #2 | Week of June 8th through June 14th |
| Dual #3 | Week of June 15th through June 22st |
| Dual #4 | Week of June 22nd through June 28th |
1. Dual / tri meet weeks shall run from Saturday through Friday and the meets shall be scheduled on the initiative and at the discretion of the host team.
 2. Each team may compete in only one meet during each designated week — except on those rare occasions when it becomes necessary to re-schedule a postponed meet.
 - 1) Teams who can be demonstrated to have violated either the letter or the spirit of this restriction will be banned from participation in the North East AASSL Championships.
 2. Scheduling of meets on successive days is not recommended. The overriding concern when scheduling dual / tri meets is proper spacing.

C. North East AASSL Championships

1. The North East Championships will be held in the Northside ISD Aquatic Complex Outdoor Pool
 - a. All age groups on Sunday morning, July 7th
 - b. Meet Information with the complete details, including the Time Standards, for this meet will be posted on the Summer League Home Page of the AAAA Web Site in mid-June.
 - c. Each and every event has a minimum qualifying time for each individual event, which must have been achieved at some time in the current season.
 - d. Where the time was achieved is of no consequence, but supporting documentation must be available.
 - e. Please refer to Appendix B.
 - f. Six and under swimmers WILL be permitted to compete in the 25-yard freestyle and backstroke events at the North East Conference Championship Meet.
 1. Six and under swimmers may also participate in either of the eight and under relays in the North East Championships provided they may have at some time have achieved the necessary qualifying time.
 - g. The North East Championship Meet individual events will be formatted, seeded and swum in the following age groups, i.e., 6 and under, 7 and 8, 9 and 10, 11 and 12, 13 and 14, and 15 through 18.

1. The meet WILL NOT be *super seeded*.
- h. Swimmers who have reached their 19th birthday by June 1st of the current season may not compete in the AASSL North East Championships.
- i. The meets will be scored and awarded to eight (8) places.
 1. Individual events will be scored as follows: 6 and under, 7, 8, 9, 10, 11, 12, 13, 14, 15 – 18.
 2. Only one relay from each participating team will scored and be awarded in traditional age groups.
- j. A swimmer's eligibility to compete in a North East AASSL Championship event with regard to qualifying times may be individually challenged based on the times in Appendix B.
 - 1) The burden of proof lies with the challenger, but the challengee must extend full cooperation.
 - 2) A demonstrated lack of cooperation, as determined by the Meet Director of Record, will assume an automatic successful challenge and the resultant disqualification, with no appeal possible.
- k. The Meet Referee, Meet Director, the Official Scorer or the Administrative Official may challenge at any time and under any circumstances at her / his discretion.
- l. A swimmer who unsuccessfully defends a challenge, i.e., cannot prove a time, will be disqualified from further competition in the meet, but previous performances will not be nullified and no appeals are possible.
 - 1) In the event of a successful challenge of an event prior to another swim by the challengee, the disqualification shall be retroactive to the challenged event and subsequent performances will be nullified!
 - a) No appeals will be possible.
- m. ALL qualifying times in Appendix B. are referenced to short course yards (SCY) and times from all other course lengths must be properly converted utilizing any of the acceptable conversion factors.
- n. Challenges with non-conforming, unconverted times WILL NOT, under any circumstances, be valid.
- o. The ONLY acceptable sources for proof-of-time are:
 - The USA Swimming National SWIMS Database
 - Alamo Area Association current or archived Meet Results
 - Printed and / or HTML Results from current year AASSL dual / tri meets
 - Results from team "time trials" are NOT acceptable
 - 1) It is the responsibility of the challengee to provide a source for appropriate documentation to prove any time, if necessary.
 - 2) Team Manager data from ANY source are expressly prohibited as are printed Meet Results whose origin cannot, at the time, be determined to be legitimate and / or accurate.
 - 3) It is a well understood, accepted and a specific responsibility of coaches to ensure the accuracy and integrity of their entering swimmer's times
 - a) This responsibility may be delegated to whomever they desire, but the ultimate requirement for accuracy and integrity will always rest with the coach.
 - b) Coaches must therefore be ever-prepared to prove any time that may be challenged at any time.

- c) In cases where appropriate, satisfactory documentation cannot be provided, it is the coach who will be held accountable for any ensuing disqualification, etc.
- p. The entire qualifying / proof-of-time matter is based on the overriding dictum that it is the coaches who are responsible for the integrity of their swimmer's entry times and a failure to live up to that standard will almost always have undesirable consequences.
- 1) Therefore coaches are specifically admonished: DO NOT ENTER SWIMMERS WITH FICTITIOUS OR DISHONEST TIMES or times known to be inaccurate.
- q. Swimmers who have ever achieved a USA Swimming Sectional time in any event or who may do so during any AASSL Season may not participate in a North East AASSL Conference Championship under any circumstances.
- r. Teams who knowingly or unknowingly enter Sectional Qualified swimmers in North East AASSL Championship Meet competition will be banned from those Championships.
- 1) No appeals will be considered.
- s. Swimmers who achieve a Current TAGS times, short or long course, MAY NOT participate in the North East AASSL Championships.

D. Uniforms

1. While competing, swimmers shall not display the insignia, logos, and / or name of any club or organization, which they do not represent in North East AASSL Competition.
 - a. Violators of this prohibition shall be required to remove the insignia or logo prior to competing.
2. Team suits and caps are recommended but not required.
3. Competition swim wear must conform to USA Swimming Rules, Article 102.8.
4. All types of "body art," name / heat / event / lane numbers excepted, are prohibited in ALL North East Conference AASSL Competition.

E. Coaches' Meeting:

- There will be a mandatory meeting of coaches on Tuesday evening, July 2nd, 2019 at 7:00 PM sharp!
- Northside ISD Aquatic Complex Natatorium Classroom
- Attendance by one or more coaches and deck marshals from every team, preferably to include Head Coaches, is mandatory.
- Roll will be taken and teams not represented, will be scratched from the North East Conference Championship Meet

IX. Entry Limitations, Seeding and Meet Procedures

A. General

1. Please also refer to Section III: Athlete eligibility.
2. An important distinction must always be made between entering an event and participating in an event.
 - a. It shall NOT be permissible, under any circumstances, to enter, more than the allowed number of events and then subsequently scratch from those in excess of the number allowed.
3. In dual / tri meets, a swimmer may compete in an event above his/her age group but never below.
4. However, at the North East AASSL Championships a swimmer may compete ONLY in the age group for which she / he is eligible.

B. North East AASSL Dual / Tri Meet competition

1. An individual swimmer may enter no more than four events only two of which may be individual events.
2. Seeding is slowest to fastest swum as Timed Finals.

3. Recommended Meet Entry Guidelines

	Six lane pool	Four lane pool
Relays	One heat	One heat
Individual Events	Three heats	Four heats

Teams which may routinely exceed these guidelines should consider dividing their team the following season.

4. In dual meets the visiting team shall compete in the even numbered lanes and the home team in the odd numbered lanes. For tri meets each team will be assigned one third of the available lanes.
5. Meet Manager MUST be used to seed / run meets.
 - a. Dual / Tri Meet entries must be exchanged 48 hours (includes Sunday) prior to the meet.

C. North East AASSL Championship Meet

1. An individual swimmer may enter no more than five (5) events, no more than three (3) of which may be individual events.
2. Swimmers must meet all eligibility requirements of the League and their team.
3. Swimmers must have also achieved the minimum qualifying time for every individual event they enter in accordance with Appendix B.
4. Seeding will be slowest to fastest in a Timed Finals format.
 - a. Seeding will be accomplished by HY-TEK's™ Meet Manager® from entries submitted via appropriate team management software.
 - b. All entries MUST include a seedtime in Short Course Yards (SCY).
 - 1) Swimmers entered with No Time (NT) or times in other than SCY will not be accepted.
 - 2) Conversions are required for Swimmers with entry times in other than yards, or at distances other than 25-yards.
 - a) Coaches must be certain these times are properly converted in order to ensure proper seeding.
 - 3) It is the sole, absolute responsibility of each Team to ensure that their swimmer's entered times are in conformance with the SCY standard and, once accepted by the Entries Chair, no conversion corrections will be permitted and seeding will be based upon times submitted.
5. Each team may enter a maximum of two (2) relay teams.
 - a. "Relay Only" swimmers ARE permitted.
 - b. Relay teams shall be designated "A," and "B."
 - c. Relay cards will be utilized and will be available from the Meet Director (or designee) at the beginning of the warm-up sessions.
 - d. Cards for the Medley Relay must be turned into the Official Scorer no later than 30 minutes prior to the scheduled start of the session.
 - 1) Those for the Free Relay must be turned in PRIOR to the start of the 100-yard individual medley.
 - 2) Teams who fail to meet these time constraints will be disqualified and not permitted to compete.
 - a) No appeals will be considered

- e. At the time each relay card is turned in, it must list which swimmers will actually swim in the event and in what order, after which no changes will be permitted, except in cases of illness or injury in which case the Meet Referee must be notified.
6. The Entries Chair will accept corrections, and only corrections, to meet entries from the Teams if received in person (no telephone calls, faxes, or e-mails) within 24 hours after the Psych Sheet is posted on the AAAA Web Site.
- a. Additions to team entries will not be permitted.
 - b. Deletions from a team entry will be permitted.
 - c. Event “swapping” will not be permitted.
 - d. After the 24-hour period has expired, no further modification to a Team’s entries will be permitted.
 - e. Modifications to a Team’s entries at the meet itself will not be permitted except in cases of illness or injury to an entered swimmer, and then only to make the Scorer and Referee aware of the swimmer’s absence.
 - 1) Substitutes will not be permitted.
 - 2) There is no penalty for scratching or being scratched from an event, but substitute swimmers will not be permitted.
7. Teams shall use their true geographical / legal club name (Stoneridge, Live Oak, Windcrest, etc.) and their assigned 4-letter code when entering the North East Conference Championships.
- a. Team mascot names and LSC names MUST NOT be placed in any Entry Field in Team Manager®.
8. Please refer to Appendix A for the Order of Events.
9. An Exception Report will be run by Meet Manager before the meet begins and again after its conclusion to determine if any individual swimmer exceeded the event limit.
- a. Swimmers with excessive entries, detected prior to the start of the Meets shall be disqualified from any events in excess of the number allowed.
 - b. Swimmers who are found to have participated in more than five (5) events after the meet has concluded will be disqualified from which ever event(s) caused them to exceed the limit and the meet re-scored as / if necessary
10. Exhibition swimmers are not permitted.

X. Scoring and Awards

A. General

- 1. At North East AASSL dual / tri meets each team shall provide at least one scorer and one assistant.
- 2. Final scores should be announced and available within 30 minutes of the conclusion of a dual / tri meet. If using Meet Manager, the Host Team will provide the Visiting Team a SwmmBkup File of the meet on CD, flash drive or via email at the conclusion of the Meet.
- 3. Age Groups (Please also refer to Appendix A)
 - a. The North East AASSL dual / tri Meet Age Groups are:
 - 6 and Under
 - 7 and 8
 - 9 and 10
 - 11 and 12
 - 13 and 14
 - 15 through 18

- b. ALL North East AASSL dual / tri meets will be swum in the age groups indicated above.
- c. ALL North East AASSL dual / tri meets are to be individually scored in single age groups except for the 6 and Under and 15 through 18 groups.
 - 1. Only one relay from each participating team will be scored and be awarded in traditional age groups.
- d. Six and Unders may be excluded from the scoring scheme at dual and tri meets ONLY if the participating coaches are in 100% agreement.

B. North East AASSL Championship Scoring and Awards

- 1. The North East Championships will be formatted, seeded and swum in the standard USA Swimming Age Groups as follows:
 - 6 and Under
 - 7 and 8
 - 9 and 10
 - 11 and 12
 - 13 and 14
 - 15 through 18
- 2. Individual events at the North East AASSL Championships will be scored and awarded to eight (8) places in single age groups, i.e., 6 and under, 7, 8, 9, 10, 11, 12, 13, 14, 15 - 18.
 - 1. Relays will be scored in traditional age groups.

C. Computer Management

It is recommended that League Member Teams avail themselves of the many advantages of Team and Meet Management Software.

- 1. Teams are required to utilize appropriate and current team management software for entry into the North East Championship Meet.
 - a. The newer versions have many features and are capable of managing virtually an unlimited number of athletes. The initial cost is reasonable and upgrades are free via the Internet.

D. Entry Limits

Scorers at all North East AASSL dual / tri Meets must be especially vigilant to ensure that no swimmer enters and / or competes in more than the allowed number of events. (Section IX.)

- 1. If at any time it is suspected or confirmed that a swimmer is in violation of the entry limitation, the Meet Referee must be immediately notified and appropriate action initiated. Thirty (30) minutes following the completion of the last event, the meet results shall be considered final after which time no changes shall be made nor protests accepted.

E. North East AASSL Dual / Tri Meet competition

1. Individual events

a. Single Age Groups - Dual Meets

In all dual meets using single age group scoring will score six places per single age group- a maximum of three swimmers from each team may score.

b. Single Age Groups – Tri Meets

In all tri meets using traditional age group scoring six places per single age group will be scored - a maximum of two swimmers from each team may score.

2. Points shall be awarded as follows and as applicable to scoring method chosen above:

Place →	1	2	3	4	5	6
Individual	7	5	4	3	2	1
Relay	14	10	8	6	0	0

3. Awards (Appendix G)

- a. Individual events will be awarded for first through sixth place finishes (for single age groups that is for each individual single age group i.e., 6 and under, 7, 8, 9, 10, 11, 12, 13, 14, 15 - 18. Relay events will be awarded first through fourth places.
 - b. All events should be awarded in the exact order they finish and scored according to the applicable scheme noted above.
- 4.** All scoring shall be accomplished and managed by officially designated scorers only and the scoring area shall be off limits to all other personnel except the Meet Referee and Meet Director.
- a. Marshals shall be assigned with enforcement authority if problems arise as regards unauthorized personnel in the scoring area.
- 5.** All score sheets shall be completed in triplicate either by laser / inkjet printers or ball point pen and signed at the bottom of the last page by the Meet Referee and both coaches at the conclusion of the meet. Teams utilizing Meet Manager® may print two copies of the meet results for the Meet Referee to sign.
- a. Each coach shall be provided with a copy of the completed and signed score sheets or meet results and the *Meet Director shall promptly e-mail the Meet Manager SwmmBkup File from the dual meets to the Commissioner along with an outline of any problems encountered.*
- 6.** Ties — When two or more swimmers or relay teams tie, the points from all of the places involved shall be totaled and divided equally among the tied participants, i.e. If two swimmers tie for first place both receive a first place ribbon and the first and second place points are added together and equally divided. The next place awarded is third place.
- 7.** Once the meet referee has signed the meet results, they are considered official and final and no changes will be allowed.
- a. However, if a participating swimmer is subsequently found to have been ineligible at any time, the meet's final outcome shall be a forfeit in favor of the offended team.

F. North East AASSL Championships

- 1.** All scoring elements of the Championships will be accomplished by Meet Manager and only authorized personnel are permitted in the timing / computer operations area.
 - a. The Official Scorer, the Meet Director and / or the Meet Referee (and Administrative Official if available) determine who is “authorized” to be in the timing / computer operations room.
- 2.** The meet will be scored to eight places, single age groups for individual events and traditional age groups for relay events according to the following:
 - a. 6 and under, 7, 8, 9, 10, 11, 12, 13, 14, 15, - 18

Place →	1	2	3	4	5	6	7	8
Individual	9	7	6	5	4	3	2	1
Relay	18	14	12	10	8	6	4	2

- 3.** For Awards details, please see Appendix G.

XI. Officials - Certification and Responsibilities

A. Certification

All North East Conference AASSL Officials, which includes the Meet Referee, Deck Referees, Starters, Administrative Official, Stroke and Turn Judges, Finish Judges and Take-off Judges, must be currently “certified” by the League (AASSL), USA Swimming (USA-S), the University Interscholastic League, or the Collegiate Swim Officials Association (CSOA).

1. In order to be “certified” by the League, officials must attend an annual North East Conference AASSL Rules Clinic from which an attendance roster is posted on the AAAA Web Site before the dual / tri meets begin.
 - a. A name listed on this roster signifies “certification.”
 - b. Clinics will be held in late May or early June.
 - 1) *It is imperative that clinic attendees read the technical rules prior to attending a clinic.*
 - c. A coach may not be an official in any North East Conference AASSL meet in which their team is competing.
 - d. Officials who are currently certified by USA-S, UIL, or CSOA are exempt from attending an annual AASSL Rules clinic.
 1. There is nothing in these Rules that prohibits USA-S, UIL, or CSOA Certified Officials from officiating in ANY capacity at **ANY** AASSL Meet.
 - e. Meet Referees should refuse to assign officials that are not currently certified by the League, USA-S, UIL, or CSOA.
 - f. A roster of officials certified by the North East Conference for the current year will be posted on the AAAA Web Site before the dual / tri meets begin.
 - 1) Those certified by USA-S, UIL, and / or CSOA will be in possession of recognized credentials to verify their status.
2. **North East AASSL Championship Meet**

Each Member Team must provide one (1) Certified deck Official, one deck marshal and two (2) timers at each outdoor pool to assist with the meet management at the North East Conference Championship Meet.

 - a. These obligations may be shared by individuals who may not have an affiliation with your team.
 - b. Proper uniform for deck official is required. (Section XI. C.)
 - c. Please also refer to Section XI. A. 1. above.

B. Number of required officials

1. The absolute minimum number of officials required to adequately officiate North East dual / tri meets is **three**, each with multiple areas of responsibility.
2. In those cases where insufficient personnel, i.e., fewer than four (4), are available to meet this requirement, the Meet Referee is authorized to make whatever arrangements are possible and / or practical under the circumstances in order to conduct the meet.
 - a. Such arrangements may legitimately include forfeiture of the meet by the Host Team.
 - b. If the decision is made by the Meet Referee to conduct the competition with an inadequate number of officials, dual confirmation of false starts and relay take-offs will not be possible.
 - 1) It must be made clear to the coaches that all violations observed and called by those available officials are final and will not be subject to either protest or appeal.

3. The minimum recommended number of officials is six, which would include one Meet Referee and one Starter as well as four Judges (two stroke and two turn judges).
4. The home team MUST provide the Meet Referee / Starter and at least one other judge. The visiting team shall provide at least one judge. Keep in mind the more officials there are, the better the meet can be controlled and the more efficiently and quickly it will be run.

C. Uniforms for Officials

The proper uniform for deck officials is a white shirt or blouse over navy blue trousers, Bermuda-length shorts, skirt or capris. Jeans, T shirts, short shorts and / or flip-flops are never considered to be appropriate.

1. Meet Referees may refuse to assign officials who, in their opinion, are not properly attired.

D. Dual / Tri Meet officials - their duties and responsibilities

1. Dual / tri meet hosts must keep in mind the North East Conference Championship Meet will be officiated primarily by currently certified USA-S, UIL, and / or CSOA officials who will observe and apply the Technical Rules as set forth in this document (Section XIII).
2. Officials who choose not to properly, fairly and consistently enforce the Rules at dual / tri meets will be placing swimmers at a distinct disadvantage when they move on to the Conference Championship Meet where the Technical Rules will be enforced as written.

3. The Meet Referee:

- a. Shall inspect the pool and all competition related equipment prior to the beginning of a meet to ensure that all of the required equipment is in place and in compliance with the rules to include matters of safety, i.e. water depth, block height / security, deck obstacles, etc. (Section VI.)
- b. Shall have complete authority over all officials, shall assign and instruct them, shall enforce all applicable rules and shall decide all questions relating to the actual conduct of the meet; the final settlement of which is not otherwise assigned by said rules.
- c. May overrule any official on a point of rule interpretation or on a judgment decision pertaining to an action which she / he has personally observed.
- d. Has the authority to disqualify (DQ) a swimmer(s) for any violation of the rules that she / he personally observes anywhere in the pool area and, except for false starts and early relay take-offs, shall at the same time raise one hand, palm open, overhead. If the Referee (or any other official) does not make such a signal there shall be no penalty
- e. Before each race, if there is no Deck Referee, shall signal the Starter that all officials are in the proper position, that the course is clear, and that the competition can begin.
- f. Shall assign marshals with specific instructions when necessary.
 - 1) It is the responsibility of the host team to provide marshals when required.
- g. Shall render a decision on any point where the opinions of judges may differ and shall have the authority to intercede in the competition at any point to ensure that proper racing conditions are maintained.
- h. Has the authority to prohibit the use of any device that disrupts or interferes with the meet, such artificial noisemakers, etc.
 - 1) Laser devices of any sort (pointers, etc.) are specifically and expressly prohibited from **ALL** North East AASSL competitive venues while competition is in progress.
 - 2) Personnel found to be in possession of such devices, whether in use or not, during competition shall be barred from the venue until the meet has been concluded.
- i. Has the authority to modify any rule for a competitive swimmer who has a disability.
 - 1) Any such modifications shall be in accordance with Article 105 of the USA Swimming Rules and Regulations.

- 2) Teams with swimmers who may require such rule modifications are required to notify the Referee prior to the start of any meet involving such swimmers.
- j. Shall ensure that the meet progresses in a timely manner and shall order an event to proceed immediately when one or more competitors fail to report promptly.
 - k. Shall ensure, within the bounds of practicality and in consideration of time constraints, that competitors or their coaches are notified of DQs and the reasons for them.
 - l. May assist the Starter in ensuring fair starts and confirming false starts.
 - m. Has sole authority to postpone or suspend competition in the event of inclement weather, darkness, failure of a team to comply with the rules, or other unexpected circumstances at her / his discretion.
 - 1) Any decisions regarding such suspensions and / or postponements are final and may not be questioned or appealed.
 - 2) In the event it is necessary to terminate a dual / tri meet for any of the reasons noted in m. above, the following criteria will apply:
 - a) If event #44 (breaststroke) has been completed, the meet has been concluded and the existing score will stand.
 - b) If event #44 (breaststroke) has not been completed, the meet is void and may (but is not required to) be rescheduled prior to the Conference Championships with the concurrence of both coaches.
 - c) Any re-scheduled meet shall be conducted as an entirely new competition. Results from the suspended meet are void, irrelevant and may not be considered for any reason or purpose.
 - n. Has the authority and is responsible for rendering decisions on any point, circumstance or situation related to the conduct of the meet itself that is not otherwise covered by these and / or the USA-S Rules.
 - o. Is the final authority on any protest(s) lodged regarding the competition itself and her / his decision is final — there are no appeal channels.
 - 1) Matters of eligibility are normally not within the scope of the Meet Referee's responsibility, but rather lie with the Commissioner. Ideally, such matters will have been resolved prior to the start of the meet. However, in situations where such is not the case, the Meet Referee may order competition suspended until the matter is resolved, or allow it to proceed after announcing that the meet is being swum under protest, providing the protestor does so in writing prior to re-commencement of competition.
 - p. May order a race re-swum if at any time she / he has any reason to believe that fairness or accurate timing may have been compromised.
 - q. Shall ensure that officials are not interfered with in any way while performing their duties by, among other things, ensuring the pool deck is kept clear of coaches, spectators, non-competing athletes etc.
 - r. Is responsible for instructing timers, but may delegate this to another competent individual at her / his discretion.
 - s. When sufficient officiating personnel are available, shall assign a Deck Referee. See **4.** below.
 - t. Shall ensure there are written policies concerning lightning in the event of inclement weather and that all responsible individuals, coaches especially, have a clear understanding of those policies.

4. Deck Referee (if available and assigned – *strongly recommended*):
 - a. Serves as the Meet Referee’s alter ego in the moment-to-moment management of the competition.
 - b. Assures the course is clear and advises the starter and next competitors by whistle when to proceed with the next race.
 - c. Assists the Starter in ensuring fair starts and is responsible for one half of the dual confirmation required before a disqualification can be made for a false start.
 - d. Assumes all duties and responsibilities of the Meet Referee at any time the latter is absent from the deck, and promptly relinquishes them on her / his return.

5. **The Starter:**
 - a. Shall be equipped with some sort of sounding device, e. g. electronic / air horn etc. Blank-shooting pistols are no longer permitted under any circumstance.
 - 1) **Whistles MAY NOT, under any circumstance, be used to start any race at any North East AASSL meet at any time.**
 - b. Shall be positioned within ten feet of the starting end of the competition pool and, upon a signal from the Meet or Deck Referee, shall assume full control of the swimmers until a fair start has been achieved.
 - c. May (but is not required to) announce the event and distance being swum for only the first heat of each event. There should be no such announcements for subsequent heats of the same event.
 - d. **The Start**
 - 1) In all North East AASSL competition, the USA Swimming whistle start procedures, as noted in Appendix E, shall be used. **NO EXCEPTIONS ARE PERMITTED!**
 - a) Coaches, team administrators, parents, etc. place their athletes at serious disadvantage at the North East Championships by not rigidly adhering to the use of whistle starts.
 - b) When coaches are asked at the North east Championships if they have been utilizing whistle starts all through the season, they universally reply in the affirmative, but it invariably becomes clear they have told a falsehood, thereby defaming their own integrity.
 - i. At the 2017 North East Championships, coaches will be required to certify, in writing, their team’s understanding and compliance with the Whistle Start Procedures.
 - ii. Those that may choose not to so certify will have their team disqualified from the competition.
 - c) It is NOT in the best interests of a competitive swimming program for there to be blatant evidence of dishonesty among coaches and athletes. It is NOT a proper message to be communicating to the athletes.
 - e. When a swimmer does not respond promptly to the “take your mark” command, the Starter shall immediately release all swimmers with the command “stand up,” upon which the swimmers may stand but shall not step off of the blocks.
 - f. **False starts**
 - 1) Any swimmer moving forward before the starting signal has been sounded may be disqualified at the discretion of the Starter, and with the concurrence of the Meet / Deck Referee. Swimmers remaining on the blocks shall be relieved from their starting positions with the “stand up” command. The Starter shall then restart the race upon receiving a ready signal, i.e. an extended arm from the Meet / Deck Referee.

- 2) If the starting signal has been given before the disqualification is declared, the race shall continue without recall. If the Meet / Deck Referee independently observes and confirms the Starter's observation that a violation has occurred, the swimmer or swimmers who have false started shall be notified of their disqualification at the completion of the race.
- 3) If a recall signal is activated inadvertently, no swimmer may be charged with a false start and the Starter shall restart the race upon signal from the Meet / Deck Referee, i.e. an extended arm.

g. Delay of Start

- 1) Swimmers who are not on the starting block/deck (or in the water) in preparation for a start at the time the Meet / Deck Referee extends her / his arm to indicate the Starter may start the race, are liable for disqualification for delay of the meet at the Starter's discretion with the concurrence of the Meet / Deck Referee.
 - a) This is of particular importance as it relates to swimmers who fail to respond to the whistle starting procedures in a proper or timely manner.

h. Deliberate delay or misconduct

- 1) Any swimmer who delays the start by entering the water or by willfully or deliberately disobeying a command to step up on the blocks or to take a starting position or for any other misconduct taking place at the start; may be disqualified from the event by the Starter with the concurrence of the Meet / Deck Referee.
- 2) The Meet / Deck Referee shall disqualify a swimmer who fails to appear at the starting platform ready to swim in time for the initial start of her / his heat, which is a point in time defined by the extension of the Meet / Deck Referee's arm.

i. Relay starts

- 1) The starting rules noted above apply only to the lead-off (first) swimmer on a relay team.
- 2) Succeeding swimmers may place their feet in any position on the starting block or pool deck that they desire. They may not employ any sort of running start from the pool deck.
- 3) Second, third, and fourth swimmers who either elect or are required for safety reasons to start in the water, must adhere to the forward start rules, i.e. one hand in contact with the block or deck and facing down course. Backstroke starts are not permitted.
- 4) Second, third, and fourth swimmers shall not lose contact with the block/deck until the incoming swimmer has touched the wall.
 - a) Those swimmers starting in the water shall not lose hand contact with the deck or block until the incoming swimmer has touched the wall.

5. Judges:

The duties of technical judges may be broken down into the four areas of stroke, turn, finish and relay takeoffs. It is the referee's responsibility to assign individual jurisdiction within these areas.

a. Stroke:

- 1) Judges shall operate along either side of the pool and inspect the strokes in their respective halves of the course.
- 2) Only one (1) Stroke Judge is required / permitted on either side of the pool. However, certain pool configurations may make it necessary and/or desirable to modify this requirement. This is a Meet Referee's decision.
- 3) Shall observe stroke activity from end wall to end wall and, on observing a violation, will raise one hand with the palm open.

- 4) The Meet Referee may modify this jurisdiction as conditions and manpower may dictate at her / his discretion.
- 5) Shall report violations to the Meet Referee immediately following the completion of the race. It is generally the responsibility of the disqualifying official to notify the swimmer or coach of the nature of the violation and the DQ. However, it may at times be in the interest of timely meet progress for some other official to make the notification. Practicality and common sense must govern.

b. Turn:

- 1) Judges shall inspect the strokes from the backstroke flags to the end wall, the turn, and the strokes out to the backstroke flags. On observing a violation, they must raise one hand with the palm open.
- 2) The Meet Referee may modify this jurisdiction as conditions and manpower may dictate at her / his discretion.
- 3) Judges shall report violations to the Meet Referee immediately following the completion of the race. It is generally the responsibility of the disqualifying official to notify the swimmer or coach of the nature of the violation and the DQ. However, it may at times be in the interest of timely meet progress for some other official to make the notification. Practicality and common sense must govern.

c. Finish:

- 1). Shall inspect the strokes from the backstroke flags to the end wall and the legality of the swimmer's touch at the finish. On observing a violation, they must raise one hand with the palm open.
- 2) It is permitted to combine the duties of the Finish Judge with those of the Starter and/or Meet / Deck Referee.

d. Relay take-offs:

- 1) Because early relay take-offs must be dually confirmed, they must be judged by a minimum of two independent judges operating on either side of the pool. The Meet Referee may assign additional take-off judges if sufficient personnel are available.
- 2) On observing an early take-off, a relay take-off judge shall record the lane and swimmer's sequence number in whatever fashion the Meet Referee has specified, but they shall not raise their hand on observing a violation.
- 3) When the last swimmer in the race has entered the water, the judge will raise their hand palm open. The recorded early take-off information shall then be handed to the Meet Referee without consultation with any other take-off judge(s).
- 4) If the two independent early take-off reports are in agreement, the relay team is disqualified (dual confirmation). If they do not agree there can be no disqualification.

6. Administrative Official: As is common in USA Swimming, Collegiate and High School Championship competition; an Administrative Official will be assigned at the North East AASSL Championships.

- a. Administrative Officials are certified by USA Swimming, are highly knowledgeable and competent in the operation of HY-TEK's Meet Manager, completely familiar with all aspects of electronic timing systems, are well experienced with Dolphin Backup Timing Systems and are very familiar with the Rules as they apply to times and timing.
- b. Their primary function is to oversee and manage the scoring operations by resolving timing discrepancies in more-or-less real time without the necessity of involving the Meet Referee. This can and usually does result in the saving of considerable blocks of time and ensures fairness to swimmers.

- c. In general, because they are certified officials and are an extension of the Meet Referee, their decisions regarding time adjustments are final and not open to question and / or review.

7. **Unofficial Place Judges:**

- a. Some Meet Hosts choose to award each heat winner with ribbons by utilizing unofficial Place Judges. If utilized they must determine the order of finish in every heat and award every winner. The decision to utilize place judges at dual / tri meets rests with the host team's management, who must assume responsibility for recruiting and training.
 1. In such cases, the Meet Host is solely responsible for the acquisition of the awards.
- b. In no case shall a Meet Referee allow unofficial place judging data to supersede valid touch pad or watch times, delay the meet or allow the presence of Place Judges to in any way interfere with the duties of legitimate officials.

XII. Timing and Timers

A. Timers, General

1. Lane timers have neither the responsibility nor the authority to direct swimmers to or away from any lane. While they may assist in ensuring the correct swimmers compete in the correct heat and / or lane, it is by Rule, ultimately the responsibility of the swimmer to be at the right place at the right time.
 - a. Exceptions may be made in the case of very young and / or inexperienced swimmers, and coaches may assist, but only at the discretion of and with the specific permission of the Meet or Deck Referee.
2. When instances of confusion arise in such matters, the Meet Referee must stop the meet and rectify the situation before the competition is allowed to proceed.
3. Lane timers shall promptly inform the Meet Referee when such intercessions are required.
 - a. In cases of an unavoidable or an immediately undetected error, the Meet Referee has the authority to place a denied swimmer in another race / heat and / or order the race re-swum, at her / his discretion.

B. Official Time

1. The official time shall be recorded to one one-hundredth ($1/100 = 0.01$) of a second.

C. Manual Timing — Dual / Tri Meets

- 1) Three (3) timers are required for each lane. Each team is responsible for providing $\frac{1}{2}$ of the timers needed at each dual meet and $\frac{1}{3}$ at each tri meet and at least two timers for the North East Conference Championships.
2. When timing a race, each timer shall start the watch instantly at the flash / sound of the starting device and stop the watch at the instant the swimmer being timed touches the finish end in her / his lane.
 - a. Lane timers shall position themselves in such a manner as to have an unobstructed, close-up view of the incoming swimmers in their lane as they touch the wall.
 - 1) The legality of touches is of no concern to the lane timers.
3. The official time, when three watches record different times, is the time of the middle watch. If two watches record identical times, that time is official. If only two watches function, the official time is the average of those two times to the slower hundredth.
4. The meet host shall provide some uniform means of recording watch times for submission to the scorers.

D. Automatic Timing

1. At the North East Conference Championships, automatic electronic timing will be in use, but there will still be a requirement for two timers per lane to provide backup data in case the automatic system fails.
 - a. Lane timers shall position themselves in such a manner as to have an unobstructed, close-up view of the incoming swimmers in their lane as they touch the wall.
 - b. The legality of touches is not a responsibility or concern of lane timers.

XIII. Technical Rules

A. General

1. There are no major changes in the USA Swimming Technical Rules for 2019.
2. For the most part, the AASSL is conducted under the *most current* USA Swimming (USA-S) Rules. There are some very minor exceptions, but they in no way alter the intent of those Rule(s).
3. If instances arise where the AASSL Rules are silent, the USA-S Rules will prevail. Rules may be viewed at www.usa-swimming.org and searching for Technical Rules. USA Swimming Certified Officials can generally be expected to have current Rule books in their possession.

B. Individual Strokes and Relays

BREASTSTROKE:

1 Start: The forward start shall be used.

2 Stroke: After the start and after each turn when the swimmer leaves the wall, the body shall be kept on the breast. It is not permitted to roll onto the back at any time except at the turn after the touch of the wall where it is permissible to turn in any manner as long as the body is on the breast when leaving the wall. Throughout the race the stroke cycle must be one arm stroke and one leg kick in that order. All movements of the arms shall be simultaneous and in the same horizontal plane without alternating movement. The hands shall be pushed forward together from the breast on, under, or over the water. The elbows shall be under water except for the final stroke before the turn, during the turn and for the final stroke at the finish. The hands shall be brought back on or under the surface of the water. The hands shall not be brought back beyond the hip line, except during the first stroke after the start and each turn. During each complete cycle, some part of the swimmer's head shall break the surface of the water. After the start and after each turn, the swimmer may take one arm stroke completely back to the legs. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke.

3 Kick: After the start and each turn, at any time prior to the first breaststroke kick a single butterfly kick is permitted. Following which, all movements of the legs shall be simultaneous and in the same horizontal plane without alternating movement. The feet must be turned outwards during the propulsive part of the kick. Scissors, alternating movements or downward butterfly kicks are not permitted except as provided herein. Breaking the surface of the water with the feet is allowed unless followed by a downward butterfly kick.

4 Turns and Finish: At each turn and at the finish of the race, the touch shall be made with both hands separated and simultaneously at, above, or below the water level. At the last stroke before the turn and at the finish an arm stroke not followed by a leg kick is permitted. The head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during the last complete or incomplete cycle preceding the touch.

BUTTERFLY:

1 Start: The forward start shall be used.

2 Stroke: After the start and after each turn, the swimmer's shoulders must be at or past the vertical toward the breast. The swimmer is permitted one or more leg kicks, but only one arm pull under water, which must bring the swimmer to the surface. It shall be permissible for a swimmer to be completely submerged for a distance of not more than 15 meters (16.4 yards) after the start and after each turn. By that point, the head must have broken the surface. The swimmer must remain on the surface until the next turn or finish. From the beginning of the first arm pull, the body shall be kept on the breast except at the turn after the touch of the wall where it is permissible to turn in any manner as long as the body is on the breast when leaving the wall. Both arms must be brought forward simultaneously over the water and pulled back simultaneously under the water throughout the race.

3.Kick: All up and down movements of the legs and feet must be simultaneous. The position of the legs or the feet need not be on the same level, but they shall alternate in relation to each other. A scissors or breaststroke kicking movement is not permitted.

4 Turns: At each turn the body shall be on the breast. The touch shall be made with both hands separated and simultaneously at, above, or below the water surface. Once a touch has been made, the swimmer may turn in any manner desired. The shoulders must be at or past the vertical toward the breast when the swimmer leaves the wall.

5 Finish: At the finish, the body shall be on the breast and the touch shall be made with both hands separated and simultaneously at, above, or below the water surface.

BACKSTROKE:

1 Start: The swimmers shall line up in the water facing the starting end, with both hands placed on the gutter or on the starting grips. Standing in or on the gutter, placing the toes above the lip of the gutter, or bending the toes over the lip of the gutter, before or after the start, is prohibited. Bending the toes over the top of the touchpad is prohibited.

2 Stroke: The swimmer shall push off on his back and continue swimming on the back throughout the race. Some part of the swimmer must break the surface of the water throughout the race, except it is permissible for the swimmer to be completely submerged during the turn and for a distance of not more than 15 meters (16.4 yards) after the start and after each turn. By that point, the head must have broken the surface of the water.

3 Turns: Upon completion of each length, some part of the swimmer must touch the wall. During the turn the shoulders may be turned past the vertical toward the breast after which an immediate continuous single arm pull or immediate continuous simultaneous double arm pull may be used to initiate the turn. The swimmer must have returned to a position on the back upon leaving the wall.

4 Finish: Upon the finish of the race, the swimmer must touch the wall while on the back

FREESTYLE:

1 Start: The forward start shall be used.

2 Stroke: In an event designated freestyle, the swimmer may swim any style, except that in a medley relay or an individual medley event, freestyle means any style other than butterfly, breaststroke or backstroke. Some part of the swimmer must break the surface of the water throughout the race, except it shall be permissible for the swimmer to be completely submerged during the turn and for a distance of not more than 15 meters (16.4 yards) after the start and each turn. By that point the head must have broken the surface.

3 Turns: Upon completion of each length the swimmer must touch the wall.

4 Finish: The swimmer shall have finished the race when any part of his person touches the wall after completing the prescribed distance.

INDIVIDUAL MEDLEY:: The swimmer shall swim the prescribed distance in the following order: the first one-fourth, butterfly; the second one-fourth, backstroke; the third one-fourth, breaststroke; and the last one-fourth, freestyle.

1 Start: The forward start shall be used.

2 Stroke: The stroke for each one-fourth of the designated distance shall follow the prescribed rules for that stroke.

3 Turns: Intermediate turns within each stroke shall conform to the turn rules for that stroke. The turns when changing from one stroke to another shall conform to the finish rules for the stroke just completed, and shall be as follows:

- a. **Butterfly to Backstroke:** The swimmer must touch as described in 101.3.5. Once a legal touch has been made, the swimmer may turn in any manner, but the shoulders must be at or past the vertical toward the back when the swimmer leaves the wall.
- b. **Backstroke to Breaststroke:** The swimmer must touch the wall while on the back. Once a legal touch has been made, the swimmer may turn in any manner but the shoulders must be at or past the vertical toward the breast when the swimmer leaves the wall and the prescribed breaststroke form must be attained prior to the first arm stroke.
- c. **Breaststroke to Freestyle:** The swimmer must touch as described in 101.2.4. Once a legal touch has been made, the swimmer may turn in any manner.
- d. **Finish:** The swimmer shall have finished the race when any part of his/her person touches the wall after the prescribed distance

4. Relays

- a. **Freestyle relay:** Four swimmers on each team, each to swim one-fourth of the prescribed distance using any desired stroke(s). Freestyle finish rules apply.
- b. **Medley relay:** Four swimmers on each team, each to swim one-fourth of the prescribed distance in the following order: First, backstroke; second, breaststroke; third, butterfly; and fourth, freestyle (any stroke other than backstroke, breaststroke, or butterfly). The rules pertaining to each stroke shall govern where applicable. At the end of each leg, the finish rule for each of the strokes applies in each case.

5. Rules pertaining specifically and only to Relays

- a. No swimmer shall swim more than one leg in any relay event.
- b. In relay races a swimmer other than the first swimmer shall not start until her / his teammate has concluded (finished / touched) her / his leg.
- a. Any relay team member, and her / his relay team, shall be disqualified from a race if a team member other than the swimmer designated to swim that leg shall enter the pool in the area where the race is being conducted before all of the swimmers from all of the teams have finished the race.
- d. Except for the last (fourth) swimmer, each relay team member shall leave the water immediately upon finishing her / his leg.
- e. In relay races, the team of a second, third, or fourth swimmer who has lost contact with the starting block (hand on deck or block if starting in the water) before her / his preceding teammate touches the wall shall be disqualified after dual confirmation of the early take-off.

6. Rules pertaining to FINISHES at the North East Championships

- a. Automatic starting and timing equipment will be in use with electronic touch pads in place at the finish end for each race.
 - 1) By USA Swimming definition, this is classified as an automatic timing system and as such dictates that the touchpad time will be the official time.
- b. While the finish rules for the various events require only that a swimmer legally touch the wall at the end of the distance prescribed for the event, an electronic time will only be recorded if the swimmer activates the touchpad.
 - 1) It is especially important for backstrokers to be aware that the tops of touch pads are not sensitive.
- c. It is the swimmer's responsibility to ensure that she / he activates the touchpad in such a manner as to ensure an accurate electronic recording of the time.
- d. Swimmers who miss the touchpad, or for other reasons fail to activate it, may have their times adjusted if valid backup times are available at the discretion of the Administrative Referee.
- e. *Finish times which appear on the scoreboard are never official.*

XIV. Disqualifications and Protests

- A. Only the official within whose jurisdiction a violation has been observed can disqualify a swimmer. Jurisdictions may overlap and the Meet Referee may disqualify a swimmer anywhere within the pool area for any violation she / he personally observes.
- B. No disqualification can be imposed if an official fails to raise her / his hand when a violation is observed, except in the case of relay take-offs, which require dual confirmation. (Section XI.5.d.)

- C. In addition to any prohibitions previously noted, individual swimmers and relay teams are also subject to disqualification for any one of the following:
- Any violation of the Technical Rules as noted in Section XIII.
 - Entering the water without permission of the referee
 - Leaving the pool during a race
 - Failing to finish a race
 - Swimming in the wrong event, heat, or lane
 - Obstructing, attempting to foul, or interfering with another swimmer
 - Use of excessive body oil as determined by the Meet Referee
 - Walking on or springing from the pool bottom while a competitor in a race
 - Using a lane line to assist forward progress
 - Loss of stroke form, e.g. stopping during breaststroke, butterfly, backstroke, etc.
 - Use of illegal equipment, e.g. backstroke starting blocks
 - Entering another lane during a race
 - Failing to exit the water promptly at the completion of a race or relay leg (does not apply to the fourth swimmer on relay teams)
 - Re-entering the water after the completion of a race
 - Unsportsmanlike conduct
- D. Depending on the circumstances, and to some extent the nature of the violation, a disqualification may be from the current event, the just concluded event, the next event for which the swimmer is scheduled or, in rare cases; from the entire meet.
- E. All disqualifications must be documented in some way, e. g. a notation on the Lane Card, a “DQ” Slip, etc. It is the Meet Referee’s responsibility to determine the method to be used and to ensure it is rigidly adhered to.
1. At the North East Conference Championships “DQ Slips” will be used. A modified version, suitable for dual / tri Meets, is available for download from the Summer League Home Page of the AAAA Web Site.

F. Protests

1. Protests against judgment decisions of Meet Referees, Starters, Stroke, Turn, Finish, and Relay Take-off Judges are not permitted.
2. Protests made prior to a meet, contesting eligibility, representation or times are primarily the responsibility of the Commissioner. However, if such matters threaten to slow or halt the progression of the meet, the Meet Referee has the authority to intercede and swim the meet under protest pending resolution.
3. All other protests regarding the competition itself shall be made to the Meet Referee in writing within 15 minutes of the end of the race in which the alleged infraction occurred and should be forwarded along with the copies of the score sheets/ or final results to the Commissioner (Appendix D).

XV. Conduct

- A. Teams that unilaterally choose to withdraw from a regularly scheduled dual / tri meet for any reason are subject to a fine of \$500.00 payable to the League within five days. If the time constraint is not met, the team shall be immediately banned from North East Conference AASSL participation until the fine is paid in full.
1. Fifty percent of such fines will be paid to the offended team.
- B. At any North East Conference AASSL Meet, once the competition has begun, unauthorized persons shall not be permitted anywhere in the starting area (behind the blocks, timers, etc.)
1. The Meet Referee has the authority to allow coaches in the starting area in the interest of time and organization when young or inexperienced swimmers (eight and unders only) are involved, especially during relay races. However, such instances shall be held to an absolute minimum, be VERY temporary in nature, and of VERY short duration.
 2. At the North East AASSL Conference Championships, all swimmers will have most likely been involved in as many as four (4) dual / tri meets and must therefore be expected to be completely familiar with the manner in which competition is conducted, thereby effectively eliminating any need for assistance behind the blocks, even for eight and under athletes.

- C. No Team personnel (swimmer, coach, parent, and / or spectator) shall act in an unsportsmanlike manner. This includes any act the Meet Referee deems to be unsportsmanlike. Teams may be disqualified from further competition in a meet and / or ejected from the facility by Meet Management for unsportsmanlike conduct.
- D. Coaches and designated Team Representatives are responsible for the conduct of all personnel affiliated with their team, which includes themselves, their athletes, managers, parents, relatives, spectators, etc. In cases where a coach cannot or will not exercise appropriate control over their team's personnel, the Meet Referee, in conjunction with Meet Management, shall employ whatever means are necessary to alleviate the situation.
1. In extreme situations, the Meet Referee has the authority to require an offending team to leave the venue while the offended team finishes the meet. This decision cannot be appealed and an explanation must be given to the Commissioner.
- F. Activities which may result in severe penalties (such as expulsion from a meet and / or a facility) include, but are not limited to the following:
- Unsportsmanlike conduct
 - Use of tobacco products or alcohol anywhere within the facility, subject to facility rules
 - Use of controlled substances anywhere within the facility
 - Disorderly conduct anywhere within the facility
 - The use of foul or obscene language anywhere within the facility
 - Verbal or physical abuse of deck officials
 - Interfering with the competition
 - Violations of facility Rules and Regulations
 - Violations of North East AASSL Rules and Regulations
 - Failure to comply with the directions of the safety officer
 - Damage caused to a facility
 - Possession and / or use of a laser pointing device anywhere within the competitive area of a venue.
- G. It is primarily the responsibility of the Meet Host to ensure the conduct of spectators is well controlled and marshals shall be assigned if necessary.
- H. NO ONE, repeat NO ONE may enter the competition pool at the conclusion of the Championship Meet.
- a. The penalty for violation of this policy is disbarment from the 2020 AASSL Championships



APPENDIX A

2018 North East AASSL Dual / Tri Meet Order of Events

Girls #	Age Group	Distance (yards)	Stroke	Boys #
1	8 and Under	100	Medley Relay	2
3	9 and 10	100	Medley Relay	4
5	11 and 12	200	Medley Relay	6
7	13 and 14	200	Medley Relay	8
9	15 – 18	200	Medley Relay	10
11	6 and Under	25	Freestyle	12
13	7 and 8	25	Butterfly	14
15	9 and 10	25	Butterfly	16
17	11 and 12	50	Butterfly	18
19	13 and 14	50	Butterfly	20
21	15 – 18	50	Butterfly	22
23	6 and Under	25	Backstroke	24
25	7 and 8	25	Backstroke	26
27	9 and 10	25	Backstroke	28
29	11 and 12	50	Backstroke	30
31	13 and 14	50	Backstroke	32
33	15 - 18	50	Backstroke	34
35	7 and 8	25	Breaststroke	36
37	9 and 10	25	Breaststroke	38
39	11 and 12	50	Breaststroke	40
41	13 and 14	50	Breaststroke	42
43	15 – 18	50	Breaststroke	44
45	7 and 8	25	Freestyle	46
47	9 and 10	25	Freestyle	48
49	11 and 12	50	Freestyle	50
51	13 and 14	50	Freestyle	52
53	15 – 18	50	Freestyle	54
55	7 and 8	100	Individual Medley	56
57	9 and 10	100	Individual Medley	58
59	11 and 12	100	Individual Medley	60
61	13 and 14	100	Individual Medley	62
63	15 – 18	100	<i>Individual Medley</i>	64
65	8 and Under	100	<i>Freestyle Relay</i>	66
67	9 and 10	100	<i>Freestyle Relay</i>	68
69	11 and 12	200	Freestyle Relay	70
71	13 and 14	200	Freestyle Relay	72
73	15 - 18	200	Freestyle Relay	74

APPENDIX B

2019 North East AASSL Championships						
Order of Events and <u>MINIMUM</u> Qualifying Times						
Girls #	Equal to or Faster Than	Age Group	Distance (yards)	Stroke	Equal to or Faster Than	Boys #
1	---	8 and Under	100	Medley Relay	---	2
3	---	9 and 10	100	Medley Relay	---	4
5	---	11 and 12	200	Medley Relay	---	6
7	---	13 and 14	200	Medley Relay	---	8
9	---	15 - 18	200	Medley Relay	---	10
11	0:34.99	6 and Under	25	Freestyle	0:34.99	12
13	0:32.99	7 and 8	25	Butterfly	0:32.99	14
15	0:23.49	9 and 10	25	Butterfly	0:24.29	16
17	0:44.99	11 and 12	50	Butterfly	0:47.99	18
19	0:40.99	13 and 14	50	Butterfly	0:39.99	20
21	0:38.99	15 - 18	50	Butterfly	0:36.99	22
23	0:36.99	6 and Under	25	Backstroke	0:37.99	24
25	0:29.99	7 and 8	25	Backstroke	0:30.19	26
27	0:24.09	9 and 10	25	Backstroke	0:22.99	28
29	0:44.69	11 and 12	50	Backstroke	0:47.49	30
31	0:41.99	13 and 14	50	Backstroke	0:41.99	32
33	0:36.99	15 - 18	50	Backstroke	0:34.99	34
35	0:33.79	7 and 8	25	Breaststroke	0:33.99	36
37	0:26.39	9 and 10	25	Breaststroke	0:26.39	38
39	0:48.89	11 and 12	50	Breaststroke	0:47.99	40
41	0:45.99	13 and 14	50	Breaststroke	0:44.99	42
43	0:42.99	15 - 18	50	Breaststroke	0:38.99	44
45	0:25.29	7 and 8	25	Freestyle	0:24.49	46
47	0:19.99	9 and 10	25	Freestyle	0:19.59	48
49	0:39.29	11 and 12	50	Freestyle	0:37.99	50
51	0:34.99	13 and 14	50	Freestyle	0:33.49	52
53	0:33.99	15 - 18	50	Freestyle	0:31.99	54
55	2:29.99	7 and 8	100	Individual Medley	2:25.99	56
57	1:59.99	9 and 10	100	Individual Medley	1:54.99	58
59	1:40.09	11 and 12	100	Individual Medley	1:42.49	60
61	1:29.99	13 and 14	100	Individual Medley	1:31.99	62
63	1:25.99	15 - 18	100	Individual Medley	1:15.99	64
65	---	8 and Under	100	Freestyle Relay	---	66
67	---	9 and 10	100	Freestyle Relay	---	68
69	---	11 and 12	200	Freestyle Relay	---	70
71	---	13 and 14	200	Freestyle Relay	---	72
73	---	15 - 18	200	Freestyle Relay	---	74

APPENDIX C

The USA Swimming Whistle Start Procedure

- The Meet or Deck Referee and Starter shall be on the same side of the pool.
- **Multiple short whistles**
At the commencement of each heat (race), the Meet / Deck Referee shall signal to the next swimmers by a series (more than three – less than eight) short whistle blasts that they should immediately prepare to mount the blocks or enter the water (backstroke) in preparation for an imminent start.
- **First long whistle**
For forward starts, the short blasts are followed by one long whistle blast that signals the swimmers to promptly mount the blocks (edge of the deck or enter the water) and prepare to assume a legal starting position.
- **Second long whistle (backstroke only)**
For backstroke events, swimmers shall enter the water feet first on the first long whistle, but shall not move beyond the near backstroke flags. A second long blast will signal the swimmers to prepare to assume a legal starting position.
- **Referee Signals**
When the Referee is satisfied that all is in readiness for a start, she / he shall signal with an outstretched arm to inform the Starter that the swimmers are now under the Starter's control and the race is to begin at once.
- **Starter "Take Your Mark"**
On the Starter's command "take your mark," swimmers shall promptly assume a legal starting position. For forward starts, swimmers shall have at least one foot at the front of the block (edge of the deck). For backstroke starts, swimmers must be facing the blocks and grasping the handrail or deck with toes completely beneath the surface of the water.
- **Starting Signal**
When all of the swimmers are stationary, the Starter shall sound the starting signal, which may not, under any circumstances, be a whistle.
- **Delay of Meet**
Swimmers who are not on the block (deck / water) in preparation for an immediate start at the time the Referee extends her / his arm to indicate the Starter may start the race, are liable for disqualification for delay of the meet at the starter's discretion, and with the concurrence of the Referee.



APPENDIX D

Glossary

AAAA	Alamo Area Aquatic Association, a San Antonio, TX non-profit 501 (C.3) Swimming organization
AASSL	Alamo Area Summer Swim League. See also League
Anchored (starting blocks)	Stable and secure at all times. Attached and affixed in such a manner that no temporary additional support, reinforcement, or stabilization is necessary during normal forward or backstroke starts.
Approval	See Sanction
Body	The human torso, including shoulders and hips
Competition	An athletic performance by an athlete, either individually or as part of a team or club
Conforming time	A time standard that corresponds to the meet competition course
Conversion factor	A number which allows the conversion of times from one course to another, e. g. multiplying a 25-meter time by 0.90 converts it to a 25-yard time. Conversion factors may be developed for any distance
CSOA	Collegiate Swim Officials Association
Course	The designated distance over which the competition is conducted
Deck Official	A certified individual on deck judging a swim meet. Deck Officials include referees, starters, as well as stroke, turn, finish and take-off judges.
Dual competition	Competition between just two teams
End of course	Designated wall for racing turns and finishes
Event	Any race or series of races in a given stroke and / or distance
Flutter kick	An alternating movement of the feet and legs in the vertical plane. Most often associated with freestyle and backstroke. Is illegal in breaststroke and butterfly.
Forward start	An entry into the water from the blocks or deck (or in the water) while facing toward the course
Foul	An instance of obstruction, interference, collision, or equipment malfunction; which prevents the successful completion of a race
Heats	A division of an event in which there are too many swimmers to compete in a single race
Horizontal	Parallel to the surface of the water
Initial distance	The first portion of an individual event race for which an official time may be recorded, but which in itself is not a completed event. See also Lead-off split.
Lane	The specific length-wise area within a pool in which a swimmer is assigned to swim
Lane line	A continuous length of floating markers stretched from one end of a pool to the other that separate the lanes
Lane guide / markings	The guidelines on the bottom of the pool placed at the center of each lane running to within two-meters of each end wall

Lap	The round trip distance from one end of the pool and returning to the starting point
Lead-off split	The first leg of a relay event race for which an official time may be recorded, but which in itself is not a completed event. See also Initial distance
League	The Alamo Area Summer Swim League
Leg	That part of a relay race swum by a single swimmer
Length	The extent of the swimming course from end to end
Long course	A competitive pool length of 50-meters end to end
Malfunction	A mechanical or electronic failure, not a human failure by a swimmer
May	Permissive, not mandatory
Meet	A series of swimming events conducted as a single program
Meet Director	An experienced, responsible member of the host team's staff, responsible for all aspects of meet operations that do not lie within the purview of the Meet Referee, including security, safety, equipment, manpower, etc.
Must	See shall
NFHS	National Federation of High Schools
Non-conforming time	A qualifying time standard based on a course length that does not correspond to the course over which competition will be conducted.
On the back	Shoulders past the vertical toward the back
On the Breast	Shoulders parallel to the surface of the water.
Place judges	Two assigned, <i>unofficial</i> judges place on either side of the pool at the finish end who determine and record the order of the swimmers finish in a single race
Pool	The physical facility and its immediate environs in which competition will actually take place
Proof-of-Time	Documentation attesting to the fact that an individual swimmer at some time in the past has achieved a particular time in a specified event
Qualifying Time	See Time Standard
Propulsive	Having the power to propel or move
Race	Any single swimming competition, preliminary, final, timed final, swim-off, etc.
Sanctioned	Permitted by USA Swimming to conduct a competition in compliance with all USA Swimming Rules and Regulations. Times achieved may be used for entry into other Sanctioned Meets and into the USA Swimming National SWIMS Database.
Scissor kick	Use of the top of the instep of one foot and the bottom of the other in the propulsive part of a kick. Illegal in butterfly and breaststroke
Scratch	To withdraw from competition
Seeding	The act of distributing swimmers among the required numbers of heats and / or lanes according to their submitted entry times
Shall	Mandatory
Short course	A competitive pool length of 25-yards end to end

Short course meters	A competitive pool length of 25-meters end-to-end.
Should	Permissive, not mandatory
Simultaneously	Occurring at the same time
Split time	The time recorded from an official start to the completion of an initial distance within a longer event
Submitted times	Those times filed with an entry, as having been previously achieved
Judges	Judges are responsible for judging the four (4) areas of stroke, turn, finish and relay takeoffs. The referee assigns their jurisdiction and position.
Timed finals	Competition in which only heats are swum and final placings are determined by the times achieved. All AASSL Meets are conducted in a Timed Final format
Time standard	The minimum time a swimmer must have previously achieved in order to compete in that particular event at any designated competition
TMMIR	Team Manager Mailing Information Report
Touch	Swimmer contact with either end of the swimming course
Tri meet competition	Competition between three teams
TSA	The Texas Swim Association
Venue	See pool
Vertical	At a right angle (perpendicular) to the surface of the water
USA-S	USA Swimming, Inc
Wall	The vertical portion of a pool, contiguous surfaces of the deck and overflow gutter, the front portion of the starting block or platform, or the touchpad at the end of the course
Whip kick	A propulsive movement of one leg, independent of the other, in the horizontal plane. Illegal in butterfly and breaststroke
Will	See shall



APPENDIX E

Contact the North East Conference Commissioner

The preferred manner of contact is via email.

Rick Russell

3607 Willow Walk

San Antonio, TX 78259-2384

Phone: 210-834-7409

E-mail address: summerleaguerick@yahoo.com

APPENDIX F

2019 North East AASSL Alignment

For the North East Championships, there will be a distinction made between “small teams” and “large teams” as determined by the number of entries received for the Championship Meet. Team and individual awards will be made in each category as outlined previously.

APPENDIX G

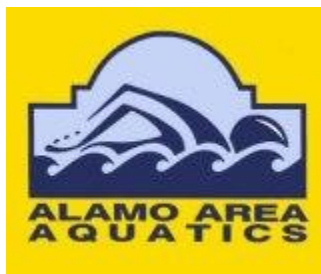
Awards, etc.

Dual / Tri Meets

For each meet the League will provide first through sixth place ribbons for Individual events and first through fourth for relays. At the conclusion of the season, please return all unused ribbons to the Commissioner.

Division Championship Meets

Medals will be awarded for first through third and ribbons fourth through eighth for individual events. Ribbons will be awarded for relays first through eighth. Banners will be awarded in each Division.



APPENDIX H

Alamo Area Summer Swim League

INSURANCE

Safety is a major concern of the AASSL. Unfortunately insurance and liability concerns are a very real problem for amateur athletics and we need to ensure this concern is addressed.

Excess accident insurance is included in the membership fee in an effort to provide reasonable protection for the AASSL, swimmers and coaches.

Coverage starts:

Coverage is a benefit of AASSL membership and is in effect from the first official day of practice as published by the League, provided a current roster and requisite waivers are on file with the Commissioner and any fees due have been paid. Coverage applies to AASSL coach supervised practices and meets. Supervised means that an AASSL certified coach must be on deck overseeing swimmers at the time of any incident / accident.

Coverage eligibility:

All AASSL member teams, coaches, and swimmers are eligible for coverage after rosters and waivers are on file and all fees due have been paid.

Benefits:

\$25,000 maximum per occurrence for accidental medical expenses. The actual limits of the current policy and deductible are available during the present season.

Excess:

This insurance is provided in excess to other insurance in place through a member's employment, school, or family. This is not liability insurance and does not replace a member teams need to have such a policy. It is a safety net that covers medical expenses, up to the limits of the policy that are not covered or partially covered by another policy.

NOTE: This appendix is not evidence of insurance but describes very generally the policy of the AASSL.

APPENDIX I

A. 2020 Season NE AASSL New Member

For participation in the current _summer season the new member fee will be \$250 and should be submitted by January 15th, 2017. New teams wishing to join the league must apply as outlined in Section II. B.

B. 2019 Member Teams

Each Team desiring to be a member of the League for the 2019 Season must commit to that desire by submitting to the Commissioner (Appendix G), a team registration fee. The member team registration fee for 2019 is based on team size and must be submitted **not later than August 1st, 2019. After August 1st it is necessary to re-apply as a new team.** Below is a table summarizing the 2019 Team Registration fee:

Number of Swimmers	<u>2020</u> Team Registration Fee
up to 50	\$85
51 – 70	\$105
71- 90	\$125
91 – 110	\$145
111- 130	\$165
131 and up	\$185

Team Registration Fee is due prior to August 1st, 2019