

(20)

## Official Upper Bergen League Rules

Amended June 2008

### DIVE

#### **Dive Group Information – All Meets**

Juniors (Age 10 and under)

- 3 dives (no degree of difficulty)
- 2 groups (i.e. forward, backward)
- 1 required (forward dive, backward dive)

Intermediates (Ages 11-13)

- 4 dives (degree of difficulty required)
- 3 groups
- 1 required (i.e. forward dive)

Seniors (ages 14-17)

- 5 dives (degree of difficulty required)
- 4 groups
- 1 required (i.e. forward dive)

➤ No dive numbers are necessary for dive sheets

#### **Officials – Dual Meets**

Home → 3 judges, 2 table workers, 1 announcer

Visitors → 2 judges, 2 table workers

#### **Rules – Dual Meets**

- US Diving Rules apply at all meets
- Each coach will bring extra scoring cards in case problems arise
- A diver is only allowed to dive up ONE age group
- No team may sweep all three places for points. The third place point will be given to the other team if the other team has an official diver in that age group. Ribbons will only be given for first, second, and third place
- All divers participating in the meet must have the required number of dives per age group. This means that juniors must demonstrate three dives to be considered official

#### **Meet Postponements and Weather Conditions – All Meets**

- Diving meets may be postponed if thunder and lightening are present at 3PM on the day of the meet
- In the case of rain, it is up to the discretion of the HOME head coach and manager to keep the meet safe for the divers. If a decision to postpone the meet is made by the home head coach and manager, the visiting team MUST be notified as soon as a decision is made, but not after 3PM on the day of the meet
- In case of postponement, the coach responsible for the league must be notified by the home team and the head coaches of both teams must schedule and agree on a make-up day (using the scheduled make-up day first, if available)

#### **Information – League Championship Meet**

- Each team will be allowed two (2) divers per age group
- Each coach will submit two sheets per diver

- Each sheet must be written in pencil and include the following information:
  - Diver's name
  - Age
  - Group
  - Dive description
  - Position
  - D.D.
- A scratch meeting will be held 45 minutes before the start of the meet
- Each team will provide ONE judge (preferably a coach) and will judge all but their own divers
- Since there are four teams, three scores with no high or low thrown out will be used
- A referee will be chosen before the meet to call breaks in position, balks, etc.
- **All teams will split the cost of trophies and ribbons equally for the league championship. The home team is responsible for purchasing the trophies and collecting the money.**

#### Scoring - Dual and Championship Meets

- |                     |   |                            |                            |                            |
|---------------------|---|----------------------------|----------------------------|----------------------------|
| • Dual Meets        | → | 1 <sup>st</sup> - 5 points | 2 <sup>nd</sup> - 3 points | 3 <sup>rd</sup> - 1 point  |
| • Championship Meet | → | 1 <sup>st</sup> - 7 points | 2 <sup>nd</sup> - 5 points | 3 <sup>rd</sup> - 4 points |
|                     |   | 4 <sup>th</sup> - 3 points | 5 <sup>th</sup> - 2 points | 6 <sup>th</sup> - 1 point  |

## SWIM

### Age Group Information - Dual Meets

Age groups:

- 5/6 (15m free)
- 7/8, 9/10 (25m free, back, breast, fly)
- 11/12, 13/14, 15/17 (50m free, back, breast, fly)

Individual medley:

- 12 & under → 100m
- 13 & over → 200m

Relays:

- 7/8 100m free relay (mixed, MUST be 2 boys and 2 girls (in any order))
- 9/10 100m free relay (boys and girls separately)
- 11/12, 13/14 200m free relay (boys and girls separately)
- 15/17 200m free relay (mixed, MUST be 2 boys and 2 girls (in any order))

### Officials - Dual Meets

Home → 3 timers, 2 judges, 1 table worker\*, 1 stroke and turn judge, 1 starter and ref

Visitors → 3 timers, 1 judge, 1 table worker\*, 1 stroke and turn judge

\*additional table workers may be needed

### Rules - Dual Meets

- All lanes are considered official in the first heat unless the coach enters an unofficial swimmer (noted on heat sheets)
- Lanes will be divided among the two teams as follow:
  - Home → lanes 1,3,5
  - Visitors → lanes 2,4,6
- For relays, all swimmers (having completed their leg of the race) must exit the water in a prompt manner and not interfere with other lanes. The swimmer must exit the water before the

next swimmer returns. If any swimmer re-enters the water after they exit completely, the team will be disqualified

- For relays, only the FIRST PLACE relay will receive points. A winning relay will receive seven (7) points
- Ice pops (when possible) and ribbons should be available at all meets
- No team may sweep all three places for points. The third place points will be awarded to the other team if a swimmer from the other team finishes the race legally. However, the individual swimmers will receive ribbons in the order of their finish
- One or two volunteers from either team is needed to collect times from the timers and to bring them to the scoring table
- Both teams must have line-ups and scoring sheets must be ready 15 minutes prior to the meet. The visiting team must supply their own scoring sheets
- There is a maximum of four heats per event
- Swimmers may swim in a MAXIMUM of four events (3 individual events and a relay, but NOT 4 individual events)
- Swimmers may swim up one age group, but the swimmer must swim up for the rest of the meet (including relays)

#### **Meet Postponements and Weather Conditions – All Meets**

- Swim meets may be postponed if thunder is present at 5PM on the day of the meet (for Wednesday meets) or at 8AM (for Saturday meets).
- In the case of rain, it is up to the discretion of the HOME head coach and manager to keep the meet safe for the swimmers. If a decision to postpone the meet is made by the home head coach and manager, the visiting team MUST be notified as soon as a decision is made, but not after 3PM (Wednesday meets) or 7:30AM (Saturday meets)
- In case of postponement, the home team must notify the coach responsible for the league and the head coaches of both teams must schedule and agree on a make-up day (using the scheduled make-up day first, if available. If the make-up day is taken, an alternate day will be agreed upon by the head coaches of both teams)
- In the case of inclement weather, ALL unofficial heats will be scheduled AFTER the official heats are concluded
- In the case of inclement weather, official heats may be combined to make the meet run quicker, even if the lanes need to be altered (i.e. if there are only three swimmers in the 9/10 girls free and three in the 9/10 boys free, the events will be swum together with boys on one side of the pool and girls on the other)
- A meet is considered official and completed under ONE OF TWO circumstances:
  - 1) the breaststroke event has been completed in its entirety (the 15/17 boys race has been completed) OR
  - 2) the breaststroke event has begun or is the next scheduled race to begin and the point differential is such that at the end of breaststroke event, even with all possible points accumulated from the breaststroke event by a team, there is a clearly defined winner
    - If a meet falls under one of these two circumstance, the meet will be called official and no make-up meet will be necessary
- After the meet is official and if conditions permit, the unofficial heats will be swum until such time that the unofficial heats are finished or weather no longer permits

#### **Scoring, Ribbons, and Disqualifications - Dual and Championship Meets**

Scoring:

- Dual Meets → 1<sup>st</sup> – 5 points      2<sup>nd</sup> – 3 points      3<sup>rd</sup> – 1 point
- Championship Meet → 1<sup>st</sup> – 6 points      2<sup>nd</sup> – 4 points      3<sup>rd</sup> – 3 points  
    4<sup>th</sup> – 2 points      5<sup>th</sup> – 1 points
- Relays in championship → 1<sup>st</sup> – 12 points      2<sup>nd</sup> – 8 points      3<sup>rd</sup> – 6 points  
    4<sup>th</sup> – 4 points      5<sup>th</sup> – 2 points

Ribbons:

- Dual Meets → **Individual events:** 5/6 and 7/8 will receive first, second, and third place for first heat; honorable mention for all other finishers in all heats  
    9/10 and up will receive first, second, third place for first heat

**Relays:** 7/8 mixed will receive first place and honorable mention for all swimmers

9/10 and up will receive first place only

Disqualifications:

- 5/6 and 7/8 will not be disqualified unless it is a major infraction (such as swimming freestyle in the butterfly event)
- 9/10 and up can be disqualified if deemed necessary by the referee and stroke and turn judges

**Information – League Meet Championships**

- One swimmer from each team in each event
- We will use rotating lane assignments
- All teams will be e-mailed the information about the league championships
- The home team will be responsible for getting the information out in a timely manner and to provide the line-up form
- All swimmers may swim in a MAXIMUM of three events (can be 2 individual events and 1 relay OR 3 individual events)
- Swimmers may swim up one age group, but the swimmer must swim up for the rest of the meet (including relays)
- **All teams will split the cost of trophies and ribbons equally for the league championship. The home team is responsible for purchasing the trophies and collecting the money.**

**SWIM AND DIVE**

- All swimmers and divers must have full membership with the club they represent with the following exceptions:
  - Full time or part time employee with a minimum of 24 hours per week
  - May ONLY represent ONE club throughout the season
- The age group cut-off date is May 31<sup>st</sup> of the current year (i.e. born May 31<sup>st</sup>, swim/dive up; born June 1<sup>st</sup>, swim/dive down)