

Kansas – Nebraska Swim League Rules 2010

Individual Strokes and Relays

1. Backstroke

- a. Start** – An in the water start shall be used. Swimmer may kick in any manner they choose off the start.
- b. Stroke** – The swimmer shall push off on the back and continue swimming on the back throughout the race (with the exception of the backstroke flip turn). Swimmers may kick in any manner they wish.
- c. Turn** – upon completion of each length, some part of the swimmer must touch the wall. The backstroke flip turn is allowed. Once the swimmer is on stomach, a continuous single arm pull or a continuous simultaneous double arm pull may be used to execute the turn. Swimmers may kick in to the wall once they have rolled onto their stomach as long as the flip turn is completed.
- d. Finish** – Swimmer must touch the wall while on back.

2. Freestyle

- a. Start** – A forward start shall be used. Swimmers with physical considerations may start in the water.
- b. Stroke** – In an event designated freestyle, the swimmer may swim any style. However, in a medley relay or an IM, the freestyle refers to any style other than butterfly, backstroke, or breaststroke.
- c. Turns** – Upon completion of each length the swimmer must touch the wall.
- d. Finish** – Swimmer shall have finished race when any part of their body touches the wall.

3. Breaststroke

- a. Start** – The forward start shall be used.
- b. Stroke** – The arms shall move simultaneously and in a circular motion. The hands shall not be brought beyond the hipline, except during the first stroke after the start and turn. Some part of the swimmers head shall break the surface of the water at least once during the complete cycle of one stroke and one leg kick, except after the start and turn the swimmer may take one arm stroke completely back to the hips and one kick while wholly submerged. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke.
- c. Kick** – All vertical and lateral movements of the legs shall be simultaneously. Feet placement, whether toes pointing out or pointing in (pigeon toed) as well as kicking with the top of the foot shall not in itself be a disqualification as long as the motion with the feet and legs is circular (i.e. whip kick or frog kick motion). A scissors, flutter or downward butterfly kick is not permitted with the following exception: After the start and after each turn, a single downward butterfly kick is permitted during or at the end of the first arm pull. After the start and after each turn, any lateral or downward movement of the hands or arms is considered to be the initiation of the first arm pull. Breaking the surface of the water with the feet shall not merit disqualification unless followed by a downward butterfly kick (a stroke & turn tip: only one foot breaking the surface is a good indication of a scissor kick).
- d. Turn and Finish** – At each turn and finish, the touch shall be made with both hands simultaneously at, above, or below the surface of the water (hands may be in an uneven plane – i.e. one hand up high and one hand down low).

4. Butterfly

a. Start – The forward start shall be used.

b. Stroke – After the start and each turn the swimmer is permitted one or more leg kicks, but only one arm pull under water, which must bring him/her to the surface. Both arms shall be brought forward over the water, at approximately the same time, and pulled back simultaneously once the hands begin the underwater arm pull they must continue back towards the hips (no extra underwater arm pulls – i.e. underwater dog paddle).

c. Kick – Swimmers must do a dolphin kick (movement of legs and feet shall be simultaneous). The position of the legs and feet need not be together or on the same level, but they shall not alternate in relation to each other. A flutter, scissors or breaststroke kick is not permitted.

d. Turn and Finish – At each turn and finish, the touch shall be made with both hands simultaneously at, above, or below the surface of the water (hands may be in an uneven plane – i.e. one hand up high and one hand down below).

5. I.M. (Individual Medley)

a. Start – The forward start shall be used.

b. Stroke – The order of strokes for the I.M. is Butterfly, Backstroke, Breaststroke, and Freestyle. The rules of each of the strokes are listed above and apply to the I.M.

c. Turns – On the 200 I.M., the intermediate turns within each stroke shall conform to the turns rules stated for that stroke. Turns used to change from one stroke to another shall conform to the finish rules for the stroke completed. On the back to breast stroke exchange, once the swimmer has touched the wall with their hand they may turn in any manner.

d. Finish – The swimmer shall be done with their race when some part of their body makes contact with the wall.

6. Relays

The order of the strokes for the Medley Relay is: Back, Breast, Fly and Free (Stroke, turn, and finish rules listed above apply). Swimmers may move up to fill a relay team, but must swim the age group of the oldest swimmer. Team members must wait until the previous swimmer touches the wall before leaving. There will be a limit of two (2) relay teams per group at the last two meets of the season. Teams may enter an unlimited number of relay teams per age group at all other meets. Relays may be coed, but they must be entered in the boys' events. Coed relays may also compete and place at the Champs Meet.

Stroke and Turn Judges and DQ's

7. DQ's

DQ's will only be given at meets during the last 2 regular meets and Champs. At all other league meets, Stroke and Turn officials will be present at meets to give "help" cards when needed, but no disqualifications will be issued except for swimming the wrong stroke (i.e. swimming freestyle for the first quarter of a breaststroke race or any other action to gain an unfair advantage).

Stroke and Turn judges must apprentice and should have done at least two meets prior to the League Championship.

Two stroke and Turn judges must be noted when submitting meet event entries from each team per meet.

All age groups shall be disqualified for leaving early in the relays, as this is considered an unfair advantage, touching the bottom or a lane rope is not an offense in itself unless the swimmer uses the bottom or the rope to propel him/her forward.

A break in stroke to adjust goggles, remove swim cap, etc. is not an infraction as it does not gain an advantage for the swimmer.

The stroke infraction should happen consistently throughout the swim – if in doubt give the swimmer the benefit of the doubt.

Only one Stroke and Turn judge needs to see infraction. They work on their own.

Coaches need to make sure their swimmers are able to swim the basic Breast, Butterfly, or Backstroke before entering them in these events at the Championship meet.

General Information

- 8.** The age group for all swimmers will be their age as of June 1st of the swim year.
- 9.** Swimmers are limited to 3 individual events and 2 relays.
- 10.** Each swimmer must participate in at least 2 League sponsored swim meets to be eligible for participation at the League Championship. For meets rained out, swimmers whose cards were submitted for competition shall be proof of intent to swim and shall be deemed as one meet of participation. In special circumstances, the eligibility status of a swimmer will be decided on by a committee of coaches (i.e. a swimmer breaks their arm on June 5th and won't have their cast of in time to make 2 meets before the championship meet).
- 11.** Swimmers in individual events must swim in their age groups (with the exception of exhibition swims).
- 12.** Exhibition swims will be allowed if lanes are available. There shall be no exhibition swims at the League Championship. Relays combining swimmers from different teams, or relays with less than 4 different swimmers shall be considered exhibition only.
- 13.** Swimmers with helpers in the water are considered “aided” swimmers and can finish no higher than an unaided swimmer. (touched or untouched) For League Champs, no aided helpers will be allowed in the water. Flotation devices or aids will not be allowed in any age group, including 6 & under. Stroke and Turn judge need to write a card for an “Aided Swimmer”.
- 14.** 6 & under swimmers may swim 2 distances of Freestyle and/or Backstroke (i.e. a 6 & under swimmer may swim the 6 & under 25 free as well as the 8 & under 50 free, at the same meet, and also the choice of Back for a total of 3 individual events.)

15. 8 & under swimmers may swim two distances of individual freestyle. Coaches may enter 8 & under swimmers in the 25 free and the 50 free.

16. Poor sportsmanship of any kind will not be tolerated. Violators will be excluded from competition.

Meet Information

17. Entries and all applicable fees for all meets must be in by the deadline. Teams not paying in advance will not be permitted to participate. **Fees are \$300.00/team or \$7.00/per swimmer.** Check needs to be given to host team before the start of the meet and sent to the League Treasurer (Annie Bergmann – 2010).

18. Swimmers' event entries must be submitted via email (Team Manager format) to the designated meet contact on or before Wednesday prior to each week's meet. The designated meet contact will use Meet Manager software to enter all team entries for each league meet. Each host team is responsible for printing event card labels and ribbon labels using the Meet Manager software for their meet.

Please remember to try and email any known changes into the host team by Friday night if possible. At the discretion of clerk, no new heats need to be added.

Computer systems must allow for scratches and additions. Each league team will have parents who will learn the computer system and be willing to assist as needed at league meets.

19. At the League Championship entries with "No Time" will not be accepted.

20. Coaches must have swimmers' event scratches and additions made prior to the start of the meet (up to 30 minutes before meet start). All scratches and additions are to be kept to a minimum. Additions after the start shall be permitted at the discretion of the clerk of the course. There shall be no individual event additions the day of the League Championship.

21. Host Team of the meet is responsible for finding and scheduling all timers for that meet.

22. When assigning lane and heats the procedure should be as follows: the fastest swimmers shall be placed in the last heat, the second fastest group will be in the next to the last heat- and so on. The fastest swimmer in each heat should be assigned the middle with the lanes beside him or her occupied by the next fastest swimmers – and so on.
The computer system sets this up automatically.

23. No teams' scores will be announced at the regular season league meets. At the League Championship a medal count and/or team scores will be announced periodically. Scoring individual events will be as follows 1st -10 points, 2nd -8, 3rd -6, 4th -5, 5th -4, 6th -3, 7th -2, and 8th - 1. The points for relays are doubled.

24. All starters are to use the following commands after announcing the event and heat number for each race:

For all starts except Backstroke

“Timers and Judges are you ready?”

(Starter must make a visual check with the head timer and the stroke and turn judges)

“Swimmers on the block.”

“Take your mark.”

Gun, whistle or starting horn

For all Backstroke starts

“Timers and Judges are you ready?”

“Backstrokers in the water”

“Place your feet”

“Take your mark”

Gun, whistle or starting horn

25. Ties go to both swimmers, next place will be omitted.

26. Heat Ribbons will be distributed to the heat winners of ALL events in ALL age groups.

Coaches: Please educate your parents about scratches, adds, responsibility for timing (host team), Stroke & Turn judging (all meets) and the general swim rules. This will help our league run smoother.