

Puget Sound Swimming Association Rules of Competition

I. ARTICLE I CONFORMANCE WITH USA SWIMMING

Rules governing competitive swimming within the PSSA shall conform to those rules listed in the current USA Swimming guide governing age group swimming, and shall conform to those USA rules having been modified by the PSSA, and shall conform with additions to those rules as listed below.

As a clarification, any times made by swimmers during YMCA meets, USA Swimming meets, or high school swim meets may be used as entry times for PSSA swim meets.

II. ARTICLE II DUAL SWIM MEETS**A. Order of Events**

1. The official program and order of events for dual meets and triangular meets within the association shall be as follows:

<u>Event #</u>	<u>Events</u>	<u>Age Group</u>
1/2	200 Free	21 & U
3/4	100 Medley Relay	8 & U
5/6	200 Medley Relay	10 & U
7/8	200 Medley Relay	12 & U
9/10	200 Medley Relay	14 & U
11/12	200 Medley Relay	21 & U
13/14	100 Individual Medley	8 & U
15/16	100 Individual Medley	10 & U
17/18	100 Individual Medley	11 - 12
19/20	200 Individual Medley	13 - 14
21/22	200 Individual Medley	15 - 21
23/24	25 Free	8 & U
25/26	50 Free	10 & U
27/28	50 Free	11 - 12
29/30	50 Free	13 - 14
31/32	50 Free	15 - 21
33/34	25 Fly	8 & U
35/36	50 Fly	10 & U
37/38	50Fly	11 - 12
39/40	100 Fly	13 - 14
41/42	100 Fly	15 - 21
43/44	25 Backstroke	8 & U
45/46	50 Backstroke -	10 & U
47/48	100 Backstroke	11 - 12
49/50	100 Backstroke	13 - 14
51/52	100 Backstroke	15 - 21
53/54	25 Breaststroke	8 & U
55/56	50 Breaststroke	10 & U
57/58	100 Breaststroke	11 - 12
59/60	100 Breaststroke	13 - 14
61/62	100 Breaststroke	15 - 21
63/64	50 Free	8 & U
65/66	100 Free	10 & U
67/68	100 Free	11 - 12
69/70	100 Free	13 - 14
71/72	100 Free	15 - 21
73/74	100 Free Relay	8 & U
75/76	200 Free Relay	10 & U
77/78	200 Free Relay	12 & U
79/80	200 Free Relay	14 & U
81/82	200 Free Relay	21 & U

2. All girls events are odd-numbered, and all boys events are even numbered.
3. All eight and under events will be included in every dual meet
4. Exhibition swims count for league records and all-stars, and will count for meet participation for the required three meets needed for championship meets
5. Each team will only have 3 designated scoring swimmers in a 6 lane pool (2 in a 4 lane pool and 4 in an 8 lane pool). In relay events only 2 relays can be scored per team. It will be up to the teams involved as to whether there will be more than one heat per event, or in which events there will be additional heats.
6. The host team will use odd-numbered lanes; the visiting team will use even-numbered lanes.

B. Distances

1. Any dual meet event may be altered to more or less distance, or deleted from team point totals upon mutual agreement by the coaches prior to the start of the meet.
2. Other optional events may be added, and/or scored by mutual agreement of the coaches prior to the start of the meet.

III. ARTICLE III DUAL MEET COMPETITION

Total team score for all age groups (8 & U, 9-10.11-12, 13-14, 15-21) will determine the winner of a dual meet. (15-19 year olds can swim if they are out of high school, as long as they have not competed for any college team.)

IV. ARTICLE IV SCORING

A. In all dual meets scoring of place value shall be as follows:

1. In relay races:

6 lane pool	4 lane pool	8 lane pool
1 st Place – 8 Points	1 st Place – 6 Points	1 st Place – 10 Points
2 nd Place – 4 Points	2 nd Place – 2 Points	2 nd Place – 8 Points
3 rd Place – 2 Points	3 rd Place – 1 Point	3 rd Place – 4 Points
4 th Place – 0 Points	4 th Place – 0 Points	4 th Place – 0 Points

(There cannot be a sweep of relays)

2. In all individual events:

6 lane pool	4 lane pool	8 lane pool
1 st Place – 6 Points	1 st Place – 4 Points	1 st Place – 8 Points
2 nd Place – 4 Points	2 nd Place – 2 Points	2 nd Place – 6 Points
3 rd Place – 3 Points	3 rd Place – 1 Point	3 rd Place – 5 Points
4 th Place – 2 Points	4 th Place – 0 Points	4 th Place – 4 Points
5 th Place – 1 Point		5 th Place – 3 Points
6 th Place – 0 Points		6 th Place – 2 Points
		7 th Place – 1 Point
		8 th Place – 0 Points

V. ARTICLE V MEET TIMES AND HOST DUTIES

A. At least two weeks prior to a scheduled meet, the host team will write, email or call the opposing team(s) confirming the date of the meet and informing them of the starting time and other pertinent information concerning the meet.

B. In the event that the scheduled date is unsatisfactory to either team, a mutually agreeable date shall be set. The league shall be notified of any schedule change.

C. Forfeitures shall result from the cancellation of a dual swim meet within 24 hours before the scheduled meet time, except for weather or hazardous traveling conditions in which case the host team must be notified at least two (2) hours before the meet time if at all possible. For inclement weather forfeits, each team may hold an intra-squad meet for time trials during practice within one week, or during the original scheduled time. Results must be typed and sent as if it were a dual meet. All by-law rules pertain to timing and results.

D. Dual Meets - Mandatory Number of Officials: 2 timers per lane, 1 head timer, stroke and turn Judges (2 for 5 or more lanes, 1 for 4 lanes), 1 starter with a gun or appropriate starting signal. With electronic timing, only one backup is needed.

E. It shall be the duty of the host team to give the following information to the visiting team coach or representative preferably immediately, but no more than five (5) days following the meet, free of charge:

1. A complete summary including all events with swimmers' names, (including first initial of first name where last names are the same), their times and points scored for each event, and the date and place of the meet.

2. In addition, the same information included in Section F, Paragraph 1 above is to be sent, free of charge, within one week (10 days for Championship meets) to Records/All Star Chairperson(s). Failure to comply will result in a fine of five dollars (\$5.00) payable to PSSA.

3. The Records Person must also receive roster additions and a complete roster of participating swimmers from each team with meet results. The visiting team must provide their roster of participants to the host team. Failure to comply will result in a five dollar (\$5.00) fine.

VI.ARTICLE VI THE FALL FESTIVAL

<u>Event #</u>	<u>Events</u>	<u>Age Group</u>
1	100 Mixed Medley Relay	8 & U
2	200 Mixed Medley Relay	10 & U
3	200 Mixed Medley Relay	12 & U
4	200 Mixed Medley Relay	21 & U
5/6	100 Individual Medley	8 & U
7/8	100 Individual Medley	10 & U
9/10	100 Individual Medley	11 - 12
11/12	100 Individual Medley	13 - 21
13/14	25 Free	8 & U
15/16	50 Free	10 & U
17/18	50 Free	11 - 12
19/20	50 Free	13 - 21
21/22	25 Fly	8 & U
23/24	50 Fly	10 & U
25/26	50 Fly	11 - 12
27/28	50 Fly	13 - 21
29/30	25 Back	8 & U
31/32	50 Back	10 & U
33/34	50 Back	11 - 12
35/36	50 Back	13 - 21
37/38	25 Breast	8 & U
39/40	50 Breast	10 & U
41/42	50 Breast	11 - 12
43/44	50 Breast	13 - 21
45/46	50 Free	8 & U
47/48	100 Free	10 & U
49/50	100 Free	11 - 12
51/52	100 Free	13 - 21
53	100 Mixed Free Relay	8 & U
54	200 Mixed Free Relay	10 & U
55	200 Mixed Free Relay	12 & U
56	200 Mixed Free Relay	21 & U

A. Order of Events

1. The official program will be a sprint format, but not necessarily in this order.
2. 8 & U may compete in events listed as 10 & U, but not in events listed as 9-10, so long as they stick to the 3 individual event limit.

B. No team score shall be kept at the Fall Festival.

C. Ribbons shall be given to the first six places in each event, and the first 6 places in relays.

D. The Fall Festival must be held in a 25 yard or 25 meter pool containing six lanes or more. The pool should have adequate spectator seating.

E. There shall be no time standards set for this meet.

F. Fees - Maximum charges for the Fall Festival are to conform with current USA fees.

1. One dollar and fifty cents (\$1.50) per each individual event. Six dollars (\$6.00) per relay event.
2. Four dollars (\$4.00) for each swimmer. 50% is refunded to host team from PSSA
3. A maximum of two dollars (\$3.00) for heat sheets. Purchase of heat sheets is optional.
4. No charge for spectators.

G. It shall be the duty of the host team to send out complete meet summaries (see Article V, Section F, Paragraph 1). Record applications will be the coaches and swimmers responsibilities.

VII. ARTICLE VII "B" CHAMPIONSHIP MEET

A. The official program (but not necessarily the order) of events for the "B" Championship meet must include all of the events as listed under Article II, Section A of the Rules of Competition, plus 200 Free for 10 & U, 11 - 12, and 13 - 14.

1. Relays for 10 & U, 12 & U, and 14 & U may not contain any swimmer who had made A Championship time standards in the stroke he or she swims.
2. Optional events, in addition to the above events, may not be included.

B. No team scores shall be kept at the "B" Championship meet

C. Awards (lesser value than A Champs) shall be given to the first eight (8) places in each individual event and the first eight places for relays, with the exception of 8 & U events, where they will be awarded the same as A Champs. High point awards will be given to 8 & U boys and girls age groups only, for individual events. All swimmers will receive participation awards.

D. The "B" Championship meet must be held in a 25 yard pool containing six lanes or more.

E. All contestants entered in the "B" meet must not have bettered or equaled the "A" time standards set for that event. Swimmers may not swim a stroke in a relay in which they have already qualified for "A" meets.

F. 8 & U may compete in events listed as 10 & U, but not in events listed as 9-10 so long as they stick to the 3 event limit.

G. Swimmers enter age as of the first day of the meet with the exception of swimmers who change age between the "B" and "A" championships. Those swimmers will be allowed to swim up an age group at the "B" Championships.

H. Fees - maximum charges for the "B" Championships are to conform with current USA fees.

1. One dollar and fifty cents (\$1.50) per each individual event. Six dollars (\$6.00) per relay event.
2. Two dollars (\$2.00) surcharge for each swimmer. When the meet is held at the King County Aquatic Center, the surcharge will be six dollars (\$6.00) for each swimmer.
3. A maximum of two dollars (\$5.00) for heat sheets. Purchase of heat sheets is optional.
4. No charge for spectators.

I. It shall be the duty of the host team to send out complete meet summaries (see Article V, Section F, Paragraph 1). Record applications will be the coaches and swimmers responsibilities. Failure to comply will result in a fine of five dollars (\$5.00) payable to PSSA.

VIII. ARTICLE VIII "A" CHAMPIONSHIP MEET

A. The official program (but not necessarily the order of events for "A" Championship meet must include all of the events listed in Article II, Section A, except all 8 & U events which are to be excluded.

1. 8 & U events will not be included; however, all 8 and U may swim in the 10 & U age group providing he/she has equaled the 10 & U qualifying time.
2. The following optional event may be added: the 500 Free is an open event. No scores are kept for this event, but awards are given, by age as 10 & Under, 11-12,13-14,15 & Over.
3. Swimmers enter age as of the first day of the meet.
4. The "A" Championship will be timed final meet.
5. "No time" entries will not be accepted for "A" Championship meets.

B. The "A" Championship will be scored as total points for every regular event, no optional events.

Relays are scored: 18-14-12-10-8-6-4-2 Individual Events: 9-7-6-5-4-3-2-1

C. Each team representative may enter as many contestants and relays in each event that are qualified for that event.

D. Awards shall be given to the first eight places in all individual and relay events. Awards (higher in quality than the "B" Championship) for first through third, and ribbons for fourth through eighth. A high point award will be given to the boy and girl in each age group (10 & U, 11-12, 13-14, and 15- 19) who scores the highest number of individual points in regular (non-optional) events.

E. Each participating team will receive a team award. The awards first through third will be graduating in size. Team awards fourth through last will be of the same size.

F. Two sportsmanship awards will be presented at the "A" Championship meet to one North and one South team who have shown the most sportsmanship during the dual meet season. Each team will cast one vote for the teams other than their own, who they feel showed the most sportsmanship during the meet season. Votes are to be cast during the meet and counted by the President.

G. The "A" Championships must be held in a 25 yard or 25 meter pool.

H. All contestants entered in the "A" championship meet must have equaled or bettered the "A" time standards set for each event. The time standards must be established by a committee set up in the PSSA and must be released within 30 days after Fall Festival. There will be no time standards for relays.

I. All swimmers must swim in their own age group for individual events and within the age guidelines set for relays.

J. All swimmers must have swum in at least one individual event in at least three PSSA meets which may include Fall Festival, in order to compete in the "A" Championships. Hardship exceptions to this must be presented on an individual basis to the membership before the competition deadline.

K. Fees - maximum charges for the "A" Championships are to conform with current USA fees.

- 1. One dollar and fifty cents (\$1.50) per each individual event. Six dollars (\$6.00) per relay event.***
- 2. Two dollars (\$2.00) surcharge for each swimmer. When the meet is held at the King County Aquatic Center, the surcharge will be six dollars (\$6.00) for each swimmer.***
- 3. A maximum of two dollars (\$5.00) for heat sheets. Purchase of heat sheets is optional.***

L. It shall be the duty of the team to send out complete meet summaries (see Article V, Section F, Paragraph 1). In addition, total team scores shall be listed for each of the participating teams. Record applications will be the coaches or swimmers responsibilities. Failure to comply will result in a fine of five dollars (\$5.00) payable to PSSA.

IX. ARTICLE IX CONTESTANTS

A. A coach may move a swimmer up no more than one age group for any event with the exception of relays.

B. In all PSSA meets no contestant may participate in more than three individual events and two relays.

C. All participants must be bona fide members in good standing within the association. All swimmers must be registered on a current roster sent to the Records person, and Commissioner by Fall Festival and by the entry deadline for "B" Championships. All swimmers must be registered on current rosters mailed to the Records person with the meet results from each dual meet.

D. A representative, coach, or someone for whom the Physical Director or coach of the YMCA, or other member team, can vouch for must accompany all teams to identify swimmers.

Following pages: A & B Championships Order of Events

Revised May 20, 2006

PSSA "B" CHAMPIONSHIP Order of Events

<u>Event #</u>	<u>Event</u>	<u>Age Group</u>
1/2	100 Medley Relay	8 & U
3/4	200 Freestyle	10 & U
5/6	200 Freestyle	11 - 12
7/8	200 Freestyle	13 - 14
9/10	200 Individual Medley	13-14
11/12	100 Individual Medley	8 & U
13/14	100 Individual Medley	9 - 10
15/16	100 Individual Medley	11 - 12
17/18	25 Free	8 & U
19/20	50 Free	9 - 10
21/22	50 Free	11-12
23/24	50 Free	13 - 14
25/26	25 Fly	8 & U
27/28	50 Fly	9 - 10
29/30	50 Fly	11 - 12
31/32	100 Fly	13 - 14
33/34	25 Backstroke	8 & U
35/36	50 Backstroke	9 - 10
37/38	100 Backstroke	11 - 12
39/40	100 Backstroke	13 - 14
41/42	25 Breaststroke	8 & U
43/44	50 Breaststroke	9 - 10
45/46	100 Breaststroke	11 - 12
47/48	100 Breaststroke	13 - 14
49/50	50 Free	8 & U
51/52	100 Free	9 - 10
53/54	100 Free	11 - 12
55/56	100 Free	13 - 14
57/58	100 Free Relay	8 & U

All girls Events are odd numbered.
 All boys Events are even numbered.

PSSA "A" Championship Order of Events

<u>Event #</u>	<u>Event</u>	<u>Age Group</u>
1/2	200 Free	10 & U
3/4	200 Free	12 & U
5/6	200 Free	14 & U
7/8	200 Free	21 & U
9/10	200 Medley Relay	10 & U
11/12	200 Medley Relay	12 & U
13/14	200 Medley Relay	14 & U
15/16	200 Medley Relay	21 & U
17/18	100 Individual Medley	10 & U
19/20	100 Individual Medley	11 - 12
21/22	200 Individual Medley	13 - 14
23/24	200 Individual Medley	15 - 21
25/26	50 Free	10 & U
27/28	50 Free	11 - 12
29/30	50 Free	13 - 14
31/32	50 Free	15 - 21
33/34	50 Fly	10 & U
35/36	50 Fly	11 - 12
37/38	100 Fly	13 - 14
39/40	100 Fly	15 - 21
41/42	50 Back	10 & U
43/44	100 Back	11 - 12
45/46	100 Back	13 - 14
47/48	100 Back	15 - 21
49/50	50 Breast	10 & U
51/52	100 Breast	11 - 12
53/54	100 Breast	13 - 14
55/56	100 Breast	15 - 21
57/58	100 Free	10 & U
59/60	100 Free	11 - 12
61/62	100 Free	13 - 14
63/64	100 Free	15 - 21
65/66	200 Free Relay	10 & U
67/68	200 Free Relay	12 & U
69/70	200 Free Relay	14 & U
71/72	200 Free Relay	21 & U
73/74	500 Free	OPEN

All girls events are odd numbered.

All boys events are even numbered.