TEAMS

TEAM: Aquaventure Tridents
POOL ADDRESS: 214 Beacon Dr. Winterville, NC 28590
TEAM REP: Heather Dunnigan
EMAIL: info@aquaventurenc.com

TEAM: Ayden Grifton Country Club Wahoos
POOL ADDRESS: 4343 Ayden Golf Club Rd, Ayden, NC 2853
TEAM REP: Ike Christian
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TEAM: Brook Valley Country Club Barracudas
POOL ADDRESS: 311 Oxford Rd, Greenville, NC 27858
TEAM REP: Ashley Odom
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TEAM: Cherry Oaks Torpedoes
POOL ADDRESS: 206 Beth Street Greenville, NC 27858
TEAM REP: Scott Carpenter
EMAIL: swimcorc@gmail.com

TEAM: Greenville Country Club Frogs
POOL ADDRESS: 216 Country Club Dr. Greenville, NC 27834
TEAM REP: Joel Bullard
EMAIL: jbullard@wnct.com

TEAM: Greenville Recreation & Parks Yellowfins
POOL ADDRESS: 2113 Myrtle Ave, Greenville, NC 27834
TEAM REP: Dalace Inman
EMAIL: dinman@greenvillenc.gov

TEAM: Ironwood Gold and Country Club
POOL ADDRESS: 4300 Country Down Drive, Greenville, NC 27834
TEAM REP: Trisha Evans, Diane Taylor, & Rachel Zigas
EMAIL:

TEAM: Kinston Kingfish
POOL ADDRESS: 2602 West Vernon Ave, Kinston, NC 28504
TEAM REP: Beth Payne
EMAIL: kinstonkingfish@gmail.com

TEAM: Minges Makos
POOL ADDRESS: Ficklen Dr, Greenville, NC 27858
TEAM REP: Doug Parker
EMAIL: ecacoachdoug@gmail.com

TEAM: Tarboro Marlins
POOL ADDRESS: 401 Porter St, Tarboro, NC 27886
TEAM REP: Rob Harrington
EMAIL: tscmarlins@gmail.com

TEAM: Washington White Caps
POOL ADDRESS: 101 Airport Rd, Washington, NC 27889
TEAM REP: Scott Pake
EMAIL: ecacoachscott@gmail.com

LEAGUE DUES AND ROSTERS

League dues are $5.00 per swimmer. The DEADLINE FOR REGISTRATION is the last Sunday in June at 5:00 PM, and there are no exceptions to this deadline. All swimmers must be registered by the last Sunday in June at 5:00 pm in order to swim in any of the remaining meets. The official registration list will be kept in Swimmingly. Team representatives are responsible for sending/delivering checks to the league treasurer.

INFORMATION FOR COACHES

This summary is not to take the place of thorough reading of the GASSL Rules and Regulations, as well as the Technical Rules Section, Part One Article 101 Individual Strokes and Relays, regarding strokes and turns, from the most recent USA Swimming Rulebook, located on usaswimming.org. You are responsible for knowing these rules.

1) Swimmers will swim in age group as determined by their age on June 1st. Swimmer will remain in the same age group for the entire summer season. There is no "aging up" during the season. DQ rules will apply to the age group, not the age of the swimmer, that the swimmer is swimming in as defined in #8 below.

2) Swimmers may participate in 3 individual events and 1 relay event in dual meets.

3) Swimmers participate in 3 individual events and 1 relay event in the Championship Meet.

4) For dual meets, each team may enter no more than two scoring entries in a given relay event and no more than 6 scoring entries for individual events. Additional exhibition swimmers may be added to events based on rule guidelines.

5) At the Championship Meet, each team may enter no more than two entries in a given relay event. There are no limitations on the number of swimmers a team can enter in any given individual event at the championship meet.

6) Swimmers may participate in an older age group to complete a relay team as long as one member of the team is in the correct age group for the race (e.g., an 11-12 freestyle relay team with may be comprised of an 8, 9, 10, & 12 year-old — since the 12 year-old is in the correct age group).

7) We use Swimmingly to facilitate meet timing, judging, and scoring. Both teams must have their meet entries finalized by Monday at 9:00 PM. The host team will merge the data and send a copy of the merged heat sheet to the visiting team. If the home team plans to combine events, a heat sheet noting the combined events will be provided to the visiting team.

8) At dual meets, ribbons and points are awarded 1st through 6th places for individual events and 1st through 4th for relay events.

9) At the Championship Meet, the top 8 swimmers for each individual event will receive place ribbons or medals, and score points. The top 4 relay teams in each event will receive place ribbons and/or medals. A team cannot have more than 4 scoring entries in an individual event and no more than 1 scoring entry in a relay event.

10) In accordance with USA Swimming rules that require at least a 4-foot depth for diving, ALL 2nd and 4th legs of the 6-and-under and 8-and-under relays will start in the water at ALL pools even if there is 4 feet of depth.

11) Disqualifications shall be given for all swimmers in all strokes except as outlines in rule 102.10. Coaches may access the specifics of the DQ via Swimmingly. This information is provided a reminder for coaches, swimmers, and parents about areas of strokes and turns that need to be improved. Please look carefully at the Technical Rules when coaching swimmers on their strokes and turns. Also, carefully place swimmers in events in which they are technically proficient. This will help decrease the number of DQ's.

12) Coaches can do much to help the <u>swimmers and parents</u> to understand that DQ's are a learning experience, not the end of a swimmer's career.

13) Should there be a complaint related to a judges DQ decision or any other IMPORTANT aspect of how the meet is run, the coach shall bring it to the attention of their team representative who will address it with the scorekeeper and head judge. Serious issues will be brought by the team representative to the GASSL Board to resolve.

14) No participants (i.e., parent, coach, or swimmer) may argue, distract, or harass a judge, timer, or scorekeeper during the meet. Questions regarding infractions can be directed to the Chief Judge, if available during the meet, or team rep.

15) Places will be determined by time. There will be no place judges.

16) For dual meets, swimmers should be declared and entered into events prior to Monday at 9:00 PM. A limited number of swimmers may be added to events at the meet. However, their entry cannot exceed the dual meet entry limits.

17) For the Championship Meet, swimmers may not be added to events after the submission deadline.

18) At the Championship Meet, at least one coach from each team will be in the designated coaches area in order to receive communications from head referee or other meet personnel.

19) For dual meets, teams should work to begin warm-ups at 5:00 with the meet starting at 5:45.

INFORMATION FOR REPRESENTATIVES

1) Please make sure that the REVISED versions of all handouts (e.g., GASSL Code of Conduct) are available for your parents and coaches.

2) Accurate timing is critical as it is the only means for determining place. It is important that every team has had a practice meet prior to their first meet of the season.

3) The home team is to provide the Swimmingly router, the speaker, the scorekeeper iPad, and any of the necessary cables.

4) All ribbons will be supplied by the league.

5) League dues are $5.00 per swimmer. The DEADLINE for registration is the last Sunday in June at 5:00 PM. No swimmers may be added to rosters after this time. NO EXCEPTIONS! Team dues should be sent/delivered to the league treasurer no later than 1 week after the registration deadline.

   As of the 2021 season, parents are responsible for registering their swimmer(s) directly with Swimmingly prior to the first meet of the season and paying the one time per swimmer annual fee directly to Swimmingly. The Swimmingly fee will be grandfathered in at $14 per swimmer for the 2021, 2022, and 2023 seasons. For Seasons 2024 and after the fee will $18 per swimmer.

6) For dual meets, event entries must be completed in Swimmingly by 9:00 PM on Monday.

7) Dual meet entries for registered swimmers will be allowed up until the start of the meet. After the meet has started, no further entries will be allowed.

8) For Championship meet, parents must declare swimmers by 9:00 PM Sunday prior to the Championship Meet. Swimmers may not be declared after the submission deadline. Teams will submit all entries for the Championship Meet via Swimmingly by 9:00 PM on the Wednesday before the meet. NO WALK-UP OR LATE ENTRIES WILL BE ALLOWED AT THE CHAMPIONSHIP MEET.

9) For dual meets, it is the responsibility of the host team to upload the meet results immediately following the meet.

10) Please email digital photos to webmaster for use on the webpage. Make sure to tell the webmaster what team you are with. Each team has its own photo spot, so use it!

11) Teams have until the date of the last dual meet of the season to reschedule an unstarted meet. If either team can offer a pool date, the other team must attend or forfeit. If both teams can offer a pool date, the home team has preference. If neither team can offer a pool date, then both teams must forfeit.

12) For dual meets, teams should work to begin warm-ups at 5:00 with the meet starting at 5:45.

DUAL MEET HEAT AND LANE DESIGNATIONS AMONG GASSL POOLS

INDIVIDUAL EVENTS

Three different scenarios based on number of lanes in host pool. Twelve swimmers TOTAL in each individual event, six from each team. Lane #1 is closest to starter. Event cards will be filled out with the proper designation for heat and lane, as follows:

SCENARIO #1:

TSC, BVCC, WSC, KK – 8 Lane Pool, only middle six lanes will be used; numbered 1-6
HEAT 1: Home lanes 1,3,5; Visitor lanes 2,4,6
HEAT 2: Home lanes 1,3,5; Visitor lanes 2,4,6

SCENARIO #2:

GRPD, GCC – 6 Lane Pool; all lanes used
HEAT 1: Home lanes 1,3,5; Visitor lanes 2,4,6
HEAT 2: Home lanes 1,3,5; Visitor lanes 2,4,6

SCENARIO #3:

CO, ICC – 4 or 5 Lane Pool, 4 lanes used, numbered 1-4
HEAT 1: Home lanes 1,3; Visitor lanes 2,4
HEAT 2: Home lanes 1,3; Visitor lanes 2,4
HEAT 3: Home lanes 1,3; Visitor lanes 2,4

RELAY EVENTS:

There will be four relay teams in each event, two from each team. All will be in one heat.

SCENARIO #1 AND #2
HEAT 1: Home lanes 3,5 Visitor lanes 2,4

SCENARIO #3
HEAT 1: Home lanes 1,3 Visitor lanes 2,4

GASSL ORDER OF EVENTS

1) 6&Under Combined 100 yd Free Relay
2) 8&Under Combined 100 yd Free Relay
3) 9-10 Combined 200 yd Free Relay
4) 11-12 Combined 200 yd Free Relay
5) 13-14 Combined 200 yd Free Relay
6) 15-18 Combined 200 yd Free Relay
7) 8&Under Girls 100 yd Individual Medley
8) 8&Under Boys 100 yd Individual Medley
9) 9-10 Girls 100 yd Individual Medley
10) 9-10 Boys 100 yd Individual Medley
11) 11-12 Girls 100 yd Individual Medley
12) 11-12 Boys 100 yd Individual Medley
13) 13-14 Girls 100 yd Individual Medley
14) 13-14 Boys 100 yd Individual Medley
15) 15-18 Girls 100 yd Individual Medley
16) 15-18 Boys 100 yd Individual Medley
17) 6&Under Girls 25 yd Freestyle
18) 6&Under Boys 25 yd Freestyle
19) 7-8 Girls 25 yd Freestyle
20) 7-8 Boys 25 yd Freestyle
21) 9-10 Girls 50 yd Freestyle
22) 9-10 Boys 50 yd Freestyle
23) 11-12 Girls 50 yd Freestyle
24) 11-12 Boys 50 yd Freestyle
25) 13-14 Girls 50 yd Freestyle
26) 13-14 Boys 50 yd Freestyle
27) 15-18 Girls 50 yd Freestyle
28) 15-18 Boys 50 yd Freestyle
29) 6&under Girls 25 yd Backstroke
30) 6&under Boys 25 yd Backstroke
31) 7-8 Girls 25 yd Backstroke
32) 7-8 Boys 25 yd Backstroke
33) 9-10 Girls 50 yd Backstroke

34) 9-10 Boys 50 yd Backstroke
35) 11-12 Girls 50 yd Backstroke
36) 11-12 Boys 50 yd Backstroke
37) 13-14 Girls 50 yd Backstroke
38) 13-14 Boys 50 yd Backstroke
39) 15-18 Girls 50 yd Backstroke
40) 15-18 Boys 50 yd Backstroke
41) 8&Under Girls 25 yd Breaststroke
42) 8&Under Boys 25 yd Breaststroke
43) 9-10 Girls 50 yd Breaststroke
44) 9-10 Boys 50 yd Breaststroke
45) 11-12 Girls 50 yd Breaststroke
46) 11-12 Boys 50 yd Breaststroke
47) 13-14 Girls 50 yd Breaststroke
48) 13-14 Boys 50 yd Breaststroke
49) 15-18 Girls 50 yd Breaststroke
50) 15-18 Boys 50 yd Breaststroke
51) 8&Under Girls 25 yd Butterfly
52) 8&Under Boys 25 yd Butterfly
53) 9-10 Girls 50 yd Butterfly
54) 9-10 Boys 50 yd Butterfly
55) 11-12 Girls 50 yd Butterfly
56) 11-12 Boys 50 yd Butterfly
57) 13-14 Girls 50 yd Butterfly
58) 13-14 Boys 50 yd Butterfly
59) 15-18 Girls 50 yd Butterfly
60) 15-18 Boys 50 yd Butterfly
61) 8&Under Combined 100 yd Medley Relay
62) 9-10 Combined 200 yd Medley Relay
63) 11-12 Combined 200 yd Medley Relay
64) 13-14 Combined 200 yd Medley Relay
65) 15-18 Combined 200 yd Medley Relay

WEATHER POLICIES

Inclement Weather Policy

In the event that the weather is threatening on the afternoon of a meet, the hosting team's parent/rep and coach have the responsibility of contacting the visiting team parent/rep and coach to discuss the weather in the area where the meet is to be held. If, at 4 pm on the day of the meet, the weather is severe, with thunder, lightning, or very heavy rain, then the meet should be postponed. The meet should be rescheduled for the following evening, same time. The meet should not be cancelled by one individual, but rather by agreement of the coach and rep. The meet should not be cancelled based merely on the threat of inclement weather.

If a meet has begun, and lightning, thunder or very heavy rain is experienced, the hosting team should follow the guidelines of their pool policy. Sometimes however, heavy rain will pass quickly, and the meet can resume. GASSL recommends that the host team allow a 20-30 minute delay, with swimmers and parents safely away from the pool area, before the meet is postponed. On the make-up day of the meet, the events should resume where they were stopped and the coach must use the same line-up.

Teams have until the date of the last dual meet to reschedule an unstarted meet. If either team can offer a pool date within the same week as the unstarted meet, the other team must attend or forfeit. If both teams can offer a pool date, the home team has preference. If neither team can offer a pool date, then both teams must forfeit.

Dark Rule

Dual meets will be subject to a 3 hour time limit which begins when the first event is started. After 3 hours, the meet will be called unless both teams agree to continue. Teams will have one week to finish swimming the unfinished events of an incomplete meet. When completing an unfinished meet, coaches must swim the same team roster as was originally submitted for the meet. The roster filled out by the coach in meet manager for the initial meet must be used (i.e., new swimmers cannot be added). If the meet is not completed in one week's time, then the meet winner will be determined based on the score at the time the meet was stopped.

VOLUNTEER POSITIONS NEEDED FOR MEETS

Mandatory

Starter/Referee (1 from home team): Announces the current event; calls for the upcoming events; uses speaker system to make sure that the start is heard; starts heats; decides and calls false starts; must be able to keep the meet pace moving.

Head Timer (1 from home team) Gives instructions to the timers; makes sure that timers are doing their job; deals with technological issues.

Timers (4 to 6 per team; one for each lane used at pool): Must have 2 timers per lane; must know how to accurately start and stop the Swimmingly app; check the identity of swimmers behind the blocks and helps them get in their correct lane; enters correct data on swimmingly; timers can often be recruited from spectators before the meet begins BUT should be trained prior to the meet.

Scorekeeper (1 from home team): Checks data in Swimmingly for accuracy and corrects errors. It is the Scorekeepers responsibility to sync the most recent meet schedule with the clubhouse in Swimmingly, to ensure that the iPad is connect to the Swimmingly Wi-Fi, to ensure that the correct lanes, pool length, and point system is setup, to provide the Meet ID to Judges, Starter, and Timers, to start the meet in Swimmingly, ensure that each event is reviewed for accuracy and correct all errors, and to publish the meet once all events are swam and cleared.

Stroke & Turn Judge (2 per team): Stands at poolside in predetermined jurisdiction to ensure that proper strokes and turns are used by swimmers according to GASSL standards; must be trained and in uniform with ID badge visible. When available, host team provides a Chief Judge to oversee the 4 Strokes and Turn Judges, review infractions, and address questions.

Total Volunteers to Run an efficient meet = 18-20

Optional Positions

Hospitality Person: Brings cold water and snacks to the volunteers working the meet.

Snack Bar Teams: Can generate income this way.

Bull-Pen Parent: Assists the coaches in making sure that the younger children are where they need to be.

Please Note: GASSL volunteers are expected to conduct themselves professionally while carrying out volunteer duties. Volunteers will not be allowed to consume alcohol while carrying out volunteer responsibilities. The team representatives will be responsible for enforcement of this standard.

INSTRUCTIONS FOR TIMERS

1) The timer's job is extremely important and is the basis for scoring and awards. Therefore, great care should be taken to do the best job possible.

2) As the swimmer in your lane steps up to swim, please check their number and compare it to your heat sheet to help ensure that they are in the proper heat and lane.

3) The Swimmingly app will start timing automatically at the beginning of each heat. You do not need to do anything.

4) If you accidently stop the app too soon, you just need to tap the app a second time (Swimmingly is still running the time in the background).

5) When stopping the app on the finish, please stand directly over the end of the pool, looking down to see the instant that the swimmer's hand touches.

6) The app should be stopped on the first touch of the swimmer's body. DO NOT wait for a proper touch (i.e., two hand touch) but rather leave judgment on proper touches to the Stroke and Turn Judge.

7) Immediately enter the swimmer's number and team on the app and submit their time.

RULES AND REGULATIONS

Technical Rules

Numbering system for these rules and regulations follow USA Swimming handbook

Article 101 – Individual Strokes

- Swimmers shall start, swim and finish in the lane they were assigned.
- Swimmers should be able to swim an event without anyone in the water to help them.
- Swimmers shall receive no outside assistance.

101.1 Breaststroke – per GASSL Rules

- Start – the forward start shall be used from the pool deck or in the water
- Stroke – breaststroke arm stroke must be used.
- Kick – breaststroke kick must be used with the following exception. During, or at the end of the arm pull-down of the first stroke after the start and after each turn, a single downward butterfly kick is allowed but NOT required, followed by a breaststroke kick. During the pull-down, if a downward butterfly kick is taken, it MUST be followed by a breaststroke kick. The downward butterfly kick is NOT permissible prior to the arm pull-down.
- Turns – shall be made with both hands simultaneously at, above or below the water surface.
- Finish – shall be made with both hands simultaneously at, above or below the water surface.

101.2 Butterfly – per GASSL Rules

- Start – the forward start shall be used from the pool deck or in the water
- Stroke – butterfly arm stroke must be used.
- Kick – butterfly kick must be used.
- Turns – shall be made with both hands simultaneously at, above or below the water surface.
- Finish – shall be made with both hands simultaneously at, above or below the water surface.

101.3 Backstroke – per GASSL Rules

- Start – swimmer should start in the water without assistance.
- Stroke – swimmer shall push off on his back and continue swimming on the back throughout the race.
- Turns – must touch the wall and return to a position on the back upon leaving the wall.
- Some part of swimmer must break surface at or prior to the backstroke flag mark.

101.4 Freestyle – per GASSL Rules

Start – the forward start shall be used from the pool deck or in the water

Turns – must touch the wall

101.5 Individual Medley – per GASSL Rules

Order – butterfly, backstroke, breaststroke, freestyle.

Start – the forward start shall be used from the pool deck or in the water.

101.6 Relays – per GASSL Rules

For 6 and under and 8 and under relays, legs 2 and 4 must start in the water at ALL pools. (USA swimming requires at least 4 feet of water in order to dive and not all pools have 4 feet at the turn end.)

Freestyle relay – the forward start shall be used from the pool deck or in the water

Medley relay – Order – backstroke, breaststroke, butterfly, freestyle

First swimmer, backstroke, will start in the water.

Article 102 – Conduct and Officiating of all Swimming

Competition

102.1 Events

- See list of events in the above section.

102.2 Entries – General Rules

- Coaches can make relays from age combinations, which will compete in the age group of the oldest swimmer. At least one swimmer must be of the correct age.
- Girls and boys compete separately, except in relays where the sexes MAY be combined in any combination or if in individual events both coaches and reps agree to allow combined event.

Dual Meets:

- Swimmers may swim in 3 individual events and 1 relay
- Each team will be allowed to enter 2 relay teams per event.
- Exhibition swimmers must swim with their normal events (for example an 11 year old male can only swim exhibition in 11-12 male individual events)
- Exhibitions count toward a swimmer's event count for the meet.

Championship Meet

- Swimmers may swim in 3 individual events and 1 relay.
- Each team will be allowed to enter 2 relay teams per event.
- No exhibition swimmers are allowed in championship meet.

102.5 Lane assignments – Seeding – Order of Events

Dual Meets

- There will be 6 swimmers from each team per individual event (12 swimmers total in each event).
- There will be two heats run per event in the 6-8 lane pools, and three heats run per event in the 4-5 lane pools to accommodate 12 swimmers in the event.
- Two additional heats may be added per event to accommodate exhibition swimmers provided the added heat is in place of a heat or event that is not taking place due to swimmer numbers. At no time may a heat be added if this will extend the meet beyond a maximum number of 119 heats for 6 lane pools and 173 heats of 4 and 5 lane pools.
- No more than 24 swimmers (scoring and exhibition) will swim in any event
- Swimmers will be seeded by Swimmingly from slowest to fastest based on submitted times.
- All heats will be subject to awards, scoring, and disqualification.
- Each team may enter two relay teams in each relay event. There will be one heat of relays per event. Relays will be seeded by times.

Championship Meet

- There will be no limitations on the number of swimmers a team can enter in any given event.
- Lane and heat assignments will be made by the League President prior to the Championship Meet.
- Swimmers will be seeded by Swimmingly from slowest to fastest on submitted times.

102.6 Awards

Dual Meets

- GASSL will provide ribbons for all teams
- Ribbons are awarded for 1st-6th places in each individual event and 1st-4th places in a relay event. Teams will print their own labels and provide the ribbons for their own teams.
- Points will be awarded for place finishers 1-6, however only 4 swimmers from the same team will score points. If a team has more than 4 swimmers in the top finishing 6, they will be awarded the 4 highest places and the highest scoring finishers from the opposing team will receive the remaining points. Regardless, the 1-6 place finishers will receive ribbons.

- In event of a tie, both swimmers receive the appropriate ribbon and the same score is awarded to both teams (e.g., if 1st place is a tie, 1st place points of 7 and 2nd place points of 5 are added together, 12 points. This is divided by 2 and each swimmer is awarded 6 points).

Championship Meet

- GASSL will provide labels, ribbons, and medals. Ribbons medals will be prepared during the meet and, sorted by teams, and given to the team representative at the end of the meet.
- The top 8 swimmers for each event will receive place ribbons and/or medals. The top 4 relay teams in each event will receive place ribbons and/or medals. There will only be points awarded for the top 8 places in individual events and top 4 for relay events.
- Points will be awarded for place finishers 1-8, however only 4 swimmers from the same team will score points. If a team has more than 4 swimmers in the top finishing 6, they will be awarded the 4 highest places and the highest scoring finishers from the opposing team will receive the remaining points. Regardless, the 1-6 place finishers will receive ribbons. Points will be awarded for the top 4 place finishers in relays; however, only one relay entry from each team may score in championship meet. If a team has more than 1 relay entry in the top finishing 4, they will be awarded the highest place and the highest scoring finishers from the opposing team will receive the remaining points. Regardless, the 1-4 place finishers will receive ribbons.
- In the event of a tie, both swimmers receive the appropriate ribbon and the same score is awarded both teams. (See 102.6 Dual Meets)

102.7 Scoring

<u>Dual Meets</u>

Individual Events

1st place – 7 points
2nd place – 5 points
3rd place – 4 points
4th place – 3 points
5th place – 2 points
6th place – 1 point

Relay Events

1st place – 14 points
2nd place – 10 points
3rd place – 8 points
4th place – 6 points

- Place is determined by time. There will be no place judge since all heats have equal scoring opportunity.
- When 3 times are recorded for each lane the middle time will be accepted for scoring.
- When 2 times are recorded for each lane, and there is a discrepancy of greater than 0.50 second, the slower time will be accepted. If the discrepancy is less than or equal to 0.50 second, the faster time will be accepted.
- Points from each dual meet will be tallied and the team with the most points will be the meet winner.

Scoring Championship/League

Individual Events

1st place – 9 points
2nd place – 7 points
3rd place – 6 points
4th place – 5 points
5th place – 4 points
6th place – 3 points
7th place – 2 points
8th place – 1 point

Relay Events

1st place – 18 points
2nd place – 14 points
3rd place – 12 points
4th place – 10 points

- Points from the championship meet will be tallied and the team with the most points will be the Championship Meet Winner
- Determining League Champion will be based on the teams' records of wins and losses, although the meet points will be kept in case of a three way tie. Points will be awarded as follows for wins, losses, and ties: 5-win, 4- tie (each team), and 3- loss.
- In the event of a two-way tie for League Champion, the results of the dual meet in which the two teams competed with each other, will be used to break the tie.
- In the event of a three-way tie for League Champion, the point totals of the three teams for the season will be used to break the tie.

102.10 Disqualifications

- There will be disqualifications for strokes and turns for events for ages 7 & up and 8 and under events. In events for 6 & under a swimmer will be subjected to disqualification if over ½ of the event is performed with the incorrect stroke. False starts and relay takeoffs will be subject to disqualifications for all ages per rule 102.12. Disqualifications

will be entered by officials through the Swimmingly app. Disqualified swimmers will not receive points, awards, or a time for that event.

- Disqualifications shall be given for all swimmers ages 7 & up in all strokes and 8 & under events in all strokes EXCEPT freestyle as stated in Rule 102.10. Please look carefully at the USS Rulebook when coaching swimmers on their strokes and turns. Also, carefully place swimmers in events in which they are technically proficient. This will help decrease the number of DQ's.

102.12 Officials – Stroke and Turn

- Each team shall provide two Stroke & Turn officials for each dual meet.
- The role of the Stroke and Turn Judge is to disqualify swimmers for improper strokes, turns, and touches that are clearly observed based on the GASSL rules. There must be a space for the judge to stand unimpeded. Judges should not engage in conversation with spectators while on duty. Judges should not be questioned during the meet about any call. Questioning of a call after the meet should be strongly discouraged as well.
- Recommendations will be taken from team representatives for penalties to be assessed against parents who impede, harass, or argue with judges, should such behavior become a problem.
- One false start allowed per swimmer per race. On the 2nd false start, the swimmer is disqualified. The starter determines false starts.
- Disqualification standards for the Championship Meet will be consistent with dual meet guidelines.

102.14 Starter

- The home team is to provide the Swimmingly router, the speaker, the scorekeeper iPad, and any of the necessary cables.

102.16 Timing

Timing Systems

- The Swimmingly app will used for timing and scoring. It is responsibility of home team to test the system prior to start of meet and provide log-in instructions for timers.

Head Timer

- Head Timer will be prepared to give their device to a Lane Timer should their device fail to function during race.

Lane Timers

- Two timers per lane.

- Timers' devices should start automatically with the start of the race. The timer stops their device when seeing the swimming actually finish.
- All timers must be directly over the finish to accurately stop their devices.
- Timers should stop their devices when any part of the swimmer's body touches the wall. They should not wait for a two-hand touch on Butterfly or Breaststroke.
- A lane timer with a technological difficulty shall raise their hand to signal the Head Timer to come to their lane with their device watch.
- The Head Timer should make a serious effort prior to the meet to properly train timers, and to encourage them to utilize the head timer's watch when the start of an event is missed.

Championship Meet

- The timing rules for dual meets shall apply.

102.17 Clerk of Course/Scorekeeper

- The home team will provide a device with the correct GASSL software for scorekeeping.
- The scorekeeper checks data in Swimmingly for accuracy and corrects errors. The visiting team may designate an individual to assist the scorekeeper and ensure that all issues are dealt with correctly.
- There should be a waiting area organized behind the starting area for swimmers in upcoming heats. There should be a person supervising swimmers waiting to ensure that they are behind the correct lanes. This should be a "swimmer-only" and "timer-only" area.

Dual Meets

- Coaches should come to meets with entry information that has been supplied to Swimmingly. Coaches should check to make sure all swimmers have correct information in system.
- Coaches will be allowed to submit entries up until the start of the meet. All entries are final once the meet has started.

102.19 Scorers

Dual Meets

- There should be at least one scorer from each participating team to help enter results into the computer. Score sheets should be verified by all scorers and dated at the end of the meet.
- Scoring should be conducted as detailed in Section 102.7

Championship Meet

- There should be as many scorers as needed to facilitate the workload.

- Scoring should be conducted as detailed in Section 102.7

102.21 Recorder of Records

- No longer needed.

102.22 Press Steward

- No longer needed?

Article 103 – Facilities Standards

103.14 Backstroke Flags and Lines

- Each home team will provide backstroke flags. They will be set up 15 feet from the end of the pool at both ends of the pool.

- Each home team will provide lane lines.

Administrative Regulations of Competition

205.2 Eligibility – per USA Swimming Rule Book

- Swimmers must compete in individual events according to their age as of June 1st. A swimmer will swim in the same age category the entire summer. There is no "age up" rule. A swimmer may not "swim up" in an individual event into any age category for the race to be official.

Additional Rules and Guidelines

- Dual meets will be subject to a 3-hour time limit which begins when the first event is started. After 3 hours, the meet will be called unless both teams agree to continue. Teams will have one week to finish swimming the unfinished events of an incomplete meet. When completing an unfinished meet, coaches must swim the same team roster as was originally submitted for the meet. The event roster submitted to Swimmingly by the coach for the initial meet must be used (i.e., new swimmers cannot be added). If the meet is not completed in one week's time, then the meet winner will be determined based on the score at the time the meet was stopped.
- Teams have until the date of the last dual meet to reschedule an unstarted meet. If either team can offer a pool date, the other team must attend or forfeit. If both teams can offer a pool date, the home team has preference. If neither team can offer a pool date, then both teams must forfeit.
- Event rosters are not considered official for dual meets until the start of the meet. After which time no changes can be made to a roster.

- In the event the final dual meet of the season is cancelled or halted due to weather the teams will have until the Wednesday of that week to start and/or complete the meet.
- If the meet is unable to begin then the meet will be considered a tie. If the meet was in progress but not completed then the team with the most points at the time of the final completed event will be deemed the winner of that meet. Each team will receive their score as of the final completed event.

Host Team Responsibilities

- Each club participating in the meet should share the responsibility of providing workers to run the meet, but the host team should be prepared to fill key volunteer positions.
- Host team will provide a device with the most recent version of Swimmingly that has been synched to include the current meet.

GASSL ADVERTISEMENT AND PRODUCT SALES POLICY
(Approved October 2019)

Any entity other than a GASSL member club that wishes to advertise products or services during GASSL events (e.g., championship meet) or use GASSL media outlets (website, social media, etc.) to advertise products or services, must be approved by the GASSL Board. There may be a monetary fee or other form of compensation set and collected by the GASSL board prior to the advertisement. Board approval is by a majority vote and can be completed by email. Email addresses associated with individual swimmers will not be shared for any advertising purposes.

GREENVILLE AREA SUMMER SWIM LEAGUE
CODE OF CONDUCT

Greenville Area Summer Swim League's (GASSL's) participant Code of Conduct ensures we create a supportive environment for our swimmers and coaches. This Code applies to all participants – swimmers, parents and family members, coaches, team representatives, and spectators – at all GASSL related events.

1. GASSL participants will exhibit good sportsmanship and will not encourage others to engage in bad sportsmanship.
2. GASSL participants will respect and cooperate with all other GASSL participants.
3. GASSL participants will respect the decisions of meet officials and addresses concerns with their coach who will approach meet officials.
4. GASSL participants will abide by their coach's decisions.
5. GASSL participants will comply with all facility guidelines at GASSL events.
6. GASSL participants will not engage in discriminatory conduct.
7. GASSL participants will not use vulgar or insulting language.
8. GASSL participants will not engage in verbally or physically threating behavior.
9. GASSL participants will not create audio or visual recordings in changing areas, restrooms, or locker rooms.

GASSL participants with a concern related to any other GASSL participant, should first discuss the concern with their team's coach or representative privately and professionally. If the response is unsatisfactory, a GASSL participant may attend the open forum at the GASSL Board of Director's meeting or submit a formal written, signed, and dated statement to the GASSL President. For the later, the President will either (1) bring the item to the board directly or (2) create a panel of three Board members who, in their discretion, will review the matter and make a recommendation to the board.

Any violation of this code will be brought to the attention of the Board of Directors, which will issue a response. This response may include one or more of the following: verbal or written reprimand, probation, suspension, or expulsion.