

# ISL/CSL Test Match—Unique Format & Scoring

*The ISL/CSL format is meant to be fun, fast, and exciting ! So the heats will be run quickly, as this will also be an important component for TV viewing in the future.*

## LANE ASSIGNMENTS

Lanes #1 + 2 = Quebec All-Stars;  
 Lanes #3 + 4 = University of Toronto  
 Lanes #5 + 6 = University of Calgary  
 Lanes #7 + 8 = Western University

## TEAM SIZE + NUMBER OF ENTRANTS/EVENT:

Each team is limited to a max of 14 Men and 14 Women  
 There is no limit on the number of events a swimmer may race

## SCORING

<b><u>All non-skins 50+100m races (1<sup>st</sup>-8<sup>th</sup>)</u></b>	9	7	6	5	4	3	2	1
<b><u>Indiv Skins—1<sup>st</sup> round/ 8 entrants</u></b>	9	7	6	5	4	3	2	1
<b><u>Indiv Skins—2<sup>nd</sup> round/6 entrants</u></b>	9	7	6	5	4	3	-	-
<b><u>Indiv Skins—3<sup>rd</sup> round/ 4 entrants</u></b>	9	7	6	5	-	-	-	-
<b><u>Indiv Skins—4<sup>th</sup> round/ 2 entrants</u></b>	14	7	-	-	-	-	-	-
<b><u>All non-skins Relay events (1<sup>st</sup>-8<sup>th</sup>)</u></b>	18	14	12	10	8	6	4	2
<b><u>All non-skins 200+400 races (1<sup>st</sup>-8<sup>th</sup>)</u></b>	15	11	9	7	5	3	2	1
<b><u>Super Relay Skins—1<sup>st</sup> round of 8</u></b>	15	11	9	7	5	3	2	1
<b><u>Super Relay Skins—2<sup>nd</sup> round of 6</u></b>	15	11	9	7	5	3	-	-
<b><u>Super Relay Skins—3<sup>rd</sup> round of 4</u></b>	15	11	9	7	-	-	-	-
<b><u>Super Relay Skins—4<sup>th</sup> round of 2</u></b>	20	11	-	-	-	-	-	-

### ■ **Jackpotting**

The event winner “jackpots” another swimmer/team if their margin of victory exceeds the published “jackpot” time—see below.

The team of the swimmer/relay who jackpots other swimmer(s)/team(s) receives the jackpotted swimmer(s)/team(s) points, while the swimmer(s)/team(s) that are jackpotted receive nothing.

Note: Jackpots are also valid for all Relays and Skins racing (only 1<sup>st</sup> and 4<sup>th</sup> round of Super Skins).

### **JACKPOT TIMES:**

- 50m Events : 1.25sec
- 100m Events: 2.50 sec
- 150m Super Skins: 3.75 sec
- 200m Events: 5.00 sec
- 400m Events: 8.00 sec

### **INDIVIDUAL "SKINS" 50m EVENT/SELECTION OF STROKE & procedure**

- The races will be 50m.
- There will be four rounds
- The stroke changes each round.
- Two swimmers will be eliminated after each round
- Stroke selection:
  - At the conclusion of Quarter #1, the coach of the leading team in points will choose the stroke for the first round.
  - At the end of each round, the coach of the winning swimmer will choose the stroke for the next round
- Rounds run every 3 minutes.

### **SUPER SKINS RELAY 4X50Medley/ selection & procedure**

- The first round has 8 teams racing 4x50 MR
- Two teams are eliminated in each round; therefore 4 rounds
  - The 2<sup>nd</sup> round will have the six fastest (from the 1<sup>st</sup> round) racing 3 x 50 MR
  - The 3<sup>rd</sup> round will have the four fastest (from the 2<sup>nd</sup> round) racing 2x50 MR
  - The 4<sup>th</sup> and final round will have the two fastest (from 3<sup>rd</sup> round) racing 1 x 50MR
- 1 stroke is eliminated each round...by the coach of the winning team in that round
- 1 relay swimmer is eliminated in each round (must be the swimmer that swam the eliminated stroke)
- The heats will run every 3-4 minutes

### **Disqualification or No-Show/Did not Swim Penalties:**

Penalty will be zero points plus a loss of an additional 2 points for individual events and 4 for relay events or skins.

### **MVP of the Match:**

The swimmer that scores the most points for his/her team will be named the MVP (one each male and female). Relays will count as 25% of the points. Tie-breaking methodology will be agreed upon by the coaches.

### **ORDER OF EVENTS—short break at the conclusion of each Quarter:**

Quarter # 1—4x50 Free Relay, 100 IM, 200 back, 100 breast, 50 free

Quarter # 2—50 breast, 200 IM, 50 fly, 200 free, Individual Skins

Quarter # 3—100 free, 100 back, 100 fly, 200 breast, 4x50 Mix Medley Relay

Quarter # 4—200 fly, 50 back, 400 free, Super Skins (4x50 Medley Relay)