



Frederick Summer Swim League

Rules and Regulations

Approved by the FSSL March 2025

Release Date	Summary of Changes	Article, Section
March 2025	Several grammatic changes	Throughout Document
	Updated registration language and roster file format.	Art. I, Sec. 1
	Updated language regarding automatic and semi-automatic timing systems	Art. V, Sec. 2.E.a
	Updated language about sending meet results to League IT	Art. V, Sec. 2.F
March 2024	Update: per event LATE entry fee for All-Star meet changed from \$4.00 per event to \$6.00 per event	Art. VIII, Sec. 2D
July 2023	Update: update to event fees for All Stars Meet to increase from \$3 to \$5 per event.	Art. VIII, Sec. 2B
March 2023	No Change	
May 2022	Remove: rule added to allow 19 and under swimmers for the 2021 swim season ONLY .	Art. II, Sec. 1, 2 Appendix A, Definitions
March 2021	New: add definition of age	Appendix A, Definitions
	New: rule added to restrict tech suits for 12-and-under swimmers (USA Swimming).	Art I, Sec. 2
	New: rule added to allow 19 and under swimmers for the 2021 swim season ONLY .	Art. II, Sec. 1, 2 Appendix A, Definitions
March 2019	Update: text to include exception to training requirement for year-round officials, and trainer requirements.	Art. I, Sec. 16
	Update: text to include specific volunteer requirements for stroke and turn, starter, and referee.	Art.V, Sec. 1A

MISSION STATEMENT

The goal of the Frederick Summer Swim League (FSSL) is to encourage informal, friendly team competition at the neighborhood pool level while providing the youth of Frederick County the opportunity to develop athletic skills, positive sportsmanship, an understanding of teamwork, and an appreciation for the relationship between effort and success in a wholesome and fair atmosphere. FSSL does not discriminate based on race, color, ethnicity, national origin, citizenship, religion, creed, gender, gender identity or expression, sexual orientation, disability, or any other legally protected status. This policy is in accordance with all Maryland and Federal laws and consistent with USA swimming.

RULES OF COMPETITION & MEET PROCEDURES

ARTICLE I. General Rules

All persons associated with the Frederick Summer Swim League (FSSL) are to comply with the FSSL Rules of Competition and Meet Procedures as published by the League Committee. Appendix A contains definitions for many of the terms used in these rules. Where conflicts exist between the Rules of Competition and the FSSL Bylaws, the Bylaws shall take precedence.

SECTION 1: Registration

- A. Each team must provide, to the league Chair and League IT, an electronic version of the final roster of male and female members. The format for roster files shall be as follows, a Hy-Tek Team Manager compatible roster file (*.hy3, *.zip, or *.cl2) and an athlete roster report (spreadsheet or *.pdf). Listing must include the name (First, MI, Last), age group, and competition category (gender) of each eligible swimmer by the due date below. Swimmers may be added to the roster after the deadline if there are extenuating circumstances. The league fee will be due when the swimmer is added to the roster.
- B. Each team shall pay a fee for each swimmer to obtain membership in the FSSL. The fee shall be sent to the League Treasurer at the published address by the due date below. Failure to submit payment and electronic copy of roster along with hard copy of the roster to the League Treasurer by due date will result in a 10% penalty of the unpaid fee. If payment is not received by one week after due date, then all meets will be forfeited until the fee is paid. League will consider all fees paid on time based on postmark date versus actual receipt.
- C. The roster and fee are due by 12:00 pm (noon) Friday before the official start (first meet) of the competition year.

SECTION 2: General Swimming Rules

- A. Competition will be governed by the current FSSL rules.
- B. As per Frederick County Health Department regulations, a pool operator and Lifeguard must be present during all meets. The lifeguard must be in the lifeguard chair. A team coach may not serve as the lifeguard, and it is preferred that a coach not perform the pool operator duties.
- C. Swimmers must swim the proscribed length of competition unassisted with the exception of reasonable accommodation for disabled swimmers.

- D. Swimmers must remain consistent with USA swimming policy with regards to acceptable swimsuits:
- a. Tie-back style suits are specifically not allowed. Implementation effective for calendar year and season 2019.
 - b. No Technical Suit may be worn by any 12 & Under swimmer. A Technical Suit is one that has the following components: a. Any suit with any bonded or taped seams regardless of its fabric or silhouette; or b. Any suit with woven fabric extending past the hips. Note: WOVEN FABRIC-A suit with woven fabric and sewn seams that does not extend below the hips is permitted. KNIT FABRIC-A suit with knit fabric and sewn seams not extending below the knees is permitted. Implementation effective for calendar year and season 2021.
- E. Swimmers are not to wear competition apparel representing other swim teams. This includes schools, clubs, colleges, or universities. This excludes competition apparel that represents the state of Maryland or USA Swimming.

SECTION 3: League Divisions

The teams in the FSSL will be divided into divisions based on data from the results from a computer-generated mock meet using each swimmer's seasonal best time from the previous season, Divisional standing from the prior year, and input from the team reps. Determination of the Divisions will be finalized by the conclusion of the January League meeting. Divisions will be designated One, Two, and Three (I, II and III), etc.

SECTION 4: The Meet Season

The competition season will follow a seven-week schedule. All meets are to be held on Saturday mornings beginning at 8:00 am unless otherwise arranged and agreed upon prior to the start of the season. The visiting team always warms up second. If there is a conflict, the home team has the right to reschedule a meet before the season starts.

Both home and visiting teams involved must agree upon schedule changes. Rescheduled meets may be held on any mutually agreeable date.

Divisionals will be held the week after the last regular season meet. All Stars will be held the week after Divisionals.

SECTION 5: Eligibility of Swimmers

To compete in an FSSL dual or tri-meet, an individual must fulfill the requirements of the FSSL swim team program in which she/he wishes to participate and be a registered member of that team. (Refer to Appendix A - Eligible Swimmer).

SECTION 6: Division Determination

A mock meet will be run using Team Manager software using Best Times for each swimmer. This data, along with final divisional standings and team rep input will be used to determine the league alignment and breakdown into divisions for the following year.

SECTION 7: Eligibility of Teams

All league member teams shall be eligible for League competition. New teams desiring to join the FSSL must make an application to the league chair by March 1 of the year they wish to compete.

SECTION 8: Offensive Signs or Objects

Team representatives/Meet Managers shall ensure, particularly at home meets, that there are no signs, body art, objects or actions, which are in bad taste or offensive to either team.

SECTION 9: Locker room

Representatives & coaches shall ensure that pool grounds and changing rooms used by their teams are thoroughly inspected before departing, especially at the Divisional and All-Star meets.

SECTION 10: Backstroke Flags

Backstroke flags must be 5 yards or 5 meters from each end of the pool, whichever system of measurement the pool uses. This requirement is for both the competition pool and any alternative warm up pool designated at a swim facility.

SECTION 11: Disputes/Resolutions

Protests claiming a violation of League rules or misapplication of rules must be made, in writing, within 24 hours to the opposing Team Rep. Team Reps will try to resolve the issue.

If it is not resolved by Team Reps, then all Division Commissioners should be notified within 48 hours of the alleged violation. The Division Commissioner from the disputing teams' division should notify the League Chair that there is a dispute. The League Chair shall not become involved in resolution until such time that the Division Commissioners determine they cannot resolve the issue. The Division Commissioners should apply the League Rules to the situation and come to an agreement through majority vote.

Any voting resulting in a tie by the Division Commissioners will be resolved by the vote of the League Chair. If the League Chair is a party to the dispute and must abstain from voting, then Vice Chair will vote to break the tie.

Any Division Commissioner, League Chair or Vice Chair on a team involved in the dispute must abstain from voting to determine resolution.

If a majority vote of Division Commissioners does not resolve the dispute, the decision of the League Chair or Vice Chair will be final.

Decision of Division Commissioners or League Chair, depending at what level resolution is reached, is final and must be documented with date and time decision is communicated to all parties involved in the dispute.

SECTION 12: Confidentiality of Information

Correspondence between coaches, reps, and commissioners regarding disputes is to be held as confidential and must not be shared with others, directly or indirectly. Copies of Seeded Meet Entries and Meet Manager Programs that are exchanged between IT Team Reps prior to a meet are not for distribution among team parents or anyone other than the Team Reps and Coaches.

The following information, and only the following information, shall be acceptable for publication in any form, including but not limited to the World Wide Web or publicly posting at meet venues, regarding any registered swimmer without express written authorization from the swimmer's parent or guardian: Name, Age (in years), Team Affiliation, Time & Place in event/heat and Any Awards or Honors earned.

Meet Programs offered for sale at meets and results posted at the meet venue will be considered to be in the public domain. If the meet venue does not restrict access to spectators, then it will be considered a public meet venue with no more expectation of privacy than any public meeting area. A meet host may request the FSSL Board on mechanisms to restrict access.

Swimmer names on t-shirts offered for sale will consist only of names submitted in writing or email by each team in advance of the meet.

Consistent with USA Swimming, no cameras, cell phones, or other recording devices etc., are allowed in the starting area, locker rooms and bathrooms, or any areas prohibited by the host team. Drones are prohibited at meets.

SECTION 13: Penalties

- A. Competition by an ineligible swimmer (see Appendix A) will result in forfeiture of the swimmer's points for that meet and preceding meets in which the swimmer was ineligible.
- B. A swimmer may swim under protest. However, if the decision of the Executive Committee goes against the swimmer, the points earned by that swimmer will be forfeited.

SECTION 14: Interference and Unsportsmanlike Conduct

Interference and unsportsmanlike conduct at practice and meets will not be tolerated.

The Coach(s) or established swim team committee for each pool will individually determine guidelines for their individual pool as it pertains to interference and unsportsmanlike conduct at practice.

The Referee may penalize or eject anyone, including spectators, coaches or swimmers for unsportsmanlike conduct according to USA Swimming Rules. If the person refuses to listen, the Referee may contact two or more FSSL Officers (Commissioners, Vice Chair, League Chair) which could result in the offending team forfeiting the meet. Reports of interference or unsportsmanlike conduct at a swim meet could result in the person being banned from future meets. Interference or unsportsmanlike conduct at practice can result in removal from the practice and may result in the swimmer's removal from the team based on the discretion of the team.

SECTION 15: Mandatory Meetings

Prior to the start of the season, there will be a mandatory Coaches meeting and a mandatory IT meeting. Each team needs to send an appropriate representative to each of these meetings. Any documents handed out at these meetings will subsequently be posted on the FSSL website.

SECTION 16: Officials Training

All FSSL Officials will attend mandatory training each year to be able to officiate FSSL meets. Additionally, anyone planning to act as Starter or Referee must attend the mandatory Starter/Referee training. Currently, certified year-round officials, serving as stroke and turn judges, are not required to attend a training but must review FSSL-provided training materials.

FSSL trainers must be USA Swimming certified and have two (2) years' experience with FSSL on deck. Trainers will use FSSL-provided training materials.

SECTION 17: Alcohol, Drugs, and Tobacco

Alcohol, drugs, and tobacco are prohibited at all FSSL sponsored functions. FSSL maintains a zero tolerance policy for the above substances. Use must be brought to the attention of the host team and pool management and immediately addressed. If use continues it should be brought to the League Commissioners to investigate and address penalties if warranted.

SECTION 18: Team Sanctions

No team sanction shall be imposed pursuant to these rules before the subject of the proposed sanction is afforded notice of and a meaningful opportunity to be heard upon the charge and proposed sanction. Any team sanction imposed pursuant to these rules may be appealed to a meeting of the representatives of the league's member teams.

SECTION 19: Challenges to Swimming Disqualifications

A coach may challenge a disqualification up to the end of the meet. When the final results print out is prepared, the Referee will sign off on it, signaling the end of the meet. The Referee is not obliged to find the coaches prior to the end of the meet. After the meet has ended, disqualifications can no longer be challenged.

SECTION 20: Pool Closures Due to Safety

The host pool operator has unilateral authority to close the pool for any safety issues related to pool or facility conditions. The pool operator's decision must be conveyed to the team representatives.

SECTION 21: Meet Fundraising and Concessions

Unless mutually agreed upon by participating teams at any FSSL meet, all fundraising and selling of concessions will be the sole responsibility of the host team. This may include, but is not limited to, raffles, programs, apparel, and packaged and prepared food products.

All teams must comply with applicable County Department of Health guidelines with regards to the distribution and sale of packaged and prepared food products. A valid applicable County Department of Health food permit must be obtained by the vendor(s) for each FSSL meet.

Each team in FSSL is encouraged to support the host team concession sales. Each host team can share concession sales with any visiting team.

ARTICLE II. CATEGORIES OF COMPETITION

SECTION 1: Age Groups

- A. Age groups for FSSL competition will be: 15-18 years, 13-14 years, 11-12 years, 9-10 years, & 7-8 years. For certain events there is a 18 & under, 12 & under, 10 & under, 8 & under, 6 & under and 13 & older category.
- B. There will be separate age group competition for boys and girls. Coed relays must have a minimum of 2 girls with a maximum of 3 girls on each relay.

SECTION 2: Age for Competition:

Age groups for the League competition will be based on the swimmer's age as of June 1, regardless of the starting date of the FSSL season. The age of a swimmer can be up to 20 years if his/her birthday is after June

SECTION 3: Age Group Competition

Any swimmer swimming up an age group in a meet must stay swimming in that age group throughout the entire meet, including relays. Swimmers may swim up, based on the discretion of their coach, one age group above the swimmer's age.

ARTICLE III. ENTRIES, Regular Season

SECTION 1: Number of Entries Per Swimmer

- A. Any swimmer under the scratch limit (see Appendix A) not reporting for or competing in a scheduled event shall NOT be penalized.

- B. In a dual or tri-meet, each competitor may be entered in a maximum of five (5) events with no more than four (4) individual events regardless of team size. If a swimmer is entered in more than the allowed number of events the swimmer will be struck from any events over the legal limit and must swim the first four (4) individual events scheduled. The swimmer will be removed from any remaining individual events.

SECTION 2: Number of Entries per Team

- A. For dual meets, all heats are official. Swimmers may swim in a maximum of five (5) events with no more than four (4) individual events per meet. There may be up to three (3) relay entries per team providing there will be no more than one heat per event.
- B. For tri-meets, swimmers may swim in a maximum of five (5) events with no more than four (4) individual events per meet. However, entry limits may be reduced for individual events, and they will be equal to the number of lanes in the host pool. The Team Reps of the three teams participating in the Tri-Meet will mutually agree upon such limitations. There may be up to two (2) relay entries maximum per team per event. It is required that tri-meets be held in pools with at least six (6) lanes.
- C. Swimmers will be seeded using Meet Manager. Method of seeding the meet for dual and tri meets will be determined by the home team and shared with the visiting team(s) at least 24 hours prior to the exchange of entries. If odd/even lane assignments are used, the host team will determine which team will swim in odd/even lanes. All other meets will be seeded strictly on entry times.
- D. When there is more than one heat, the fastest seeded swimmers will swim the LAST heat and in the center lanes. The heats shall be ordered SLOWEST to FASTEST. The remaining heats may be combined. All six (6) swimmers in a heat may be from the same team in the interest of saving time.

SECTION 3: Entry Procedures

- A. For all regular season meets, all Meet Manager entries **MUST** be exchanged by the home and visiting team in person or via email to the IT contact or team rep by 8:00pm two days prior to the meet (the Thursday before a Saturday meet), unless otherwise agreed upon by the two competing teams. The home team will e-mail final copy of the Handwriter's sheets showing each swimmer's heat and lane assignment (Meet Manager, Reports, Entry List, By Team, Alphabetical) and a copy of the seeded meet to the visiting team by 8:00 pm the following night, unless otherwise agreed upon by the competing teams. **This information is deemed confidential** and for the use of the Volunteers to post or provide to swimmers and coaches. Both teams must agree in writing to extend the deadline to a mutually convenient time.
- B. All swimmers entered in a meet should have a seed time for each individual event entered. Times from a previous year or a time trial are acceptable. It is to the benefit of the team to submit accurate seed times. If a team consistently does not submit their best times as the seed times, then Article I Section 14 on Unsportsmanlike Conduct shall be applied. This rule does not apply to relays.
- C. A scratch list must be turned in 15 minutes prior to the start of the meet.
- D. Entries for relay teams must be submitted when entries are exchanged. Alternates for each relay team may be designated up to the number of swimmers on the relay team. The supplying of alternates is not mandatory but if not supplied then a team may not substitute swimmers assigned to a relay team.
- E. No changes will be permitted after the entries have been submitted, except by mutual consent of the coaches, or in their absence, designated Acting Coaches. These entries must be entered as exhibition swims if a lane is available in an existing heat. No points will be awarded for exhibition swims, but the times may be used to qualify a swimmer for All Stars. The referee will make the final decision in the event of a conflict.

ARTICLE IV. SWIMMING EVENTS

SECTION 1: Order of Events

See Appendix B.

SECTION 2: Individual Strokes & Relays

These are determined by the current USA rules for Strokes and Turns. A copy will be given to each team at the annual Officials Training and the annual Coaches meeting as well as provided to the Team Representatives. It is the responsibility of each team to share this information to their team's families.

ARTICLE V. PROCEDURES FOR MEETS

SECTION 1: Meet Staffing

See also Officials Guidelines available on the FSSL Website

- A. Generally, the Home team will supply: at least 3 officials, to include a starter and two (2) stroke and turn judges; head timer; scorer; half the required number of timers (9 for a 6-lane pool, one third the number of timers for tri-meets) and the Meet Clerk of Course who will assure that all swimmers get to their positions behind the blocks. The visiting team(s) will provide half the number of timers (9 for a 6-lane pool), at least two (2) stroke and turn judges, a scorer, and a Clerk of Course to get their Team's swimmers to the Meet Clerk of Course. As mutually agreed, either team will provide the referee; if possible, the referee is a separate official.
- B. In the event that any team cannot provide the proper number of timers, judges, workers, or qualified officials, its team representative(s) should notify the opposing team representatives(s) at least 24 hours prior to the scheduled start of the meet so that replacements may be found. If replacements are not available, the team unable to provide the proper number of volunteers risks forfeiture of the meet.
- C. Each team will supply at least one safety marshal throughout the meet. Vests identifying the safety marshal shall be worn. The role of the team safety marshal is to ensure that conduct rules are followed, observe their team area, and report issues to their Team Rep. Additionally, the host team's safety marshal shall be responsible for any area of the meet not covered by the lifeguards or others assigned. Any infractions that cannot be dealt with shall be brought to the attention of the Referee, by the Team Rep.
- D. All volunteers must sign the FSSL waiver. Volunteers with children on a team will sign a family waiver at registration. Teams are responsible for ensuring they also have signed waivers for volunteers without a child on the team.

SECTION 2: Meet Procedures

- A. Warmups will end 10 minutes prior to the meet starting time to provide an opportunity for coaches (or their designee) and team reps to meet with the starter/referee.
- B. The scorers will input the meet results into Meet Manager. All teams will be represented at the scorer's table unless one of the teams waives its right.
- C. All events shall be completed as scheduled unless prevented by extraordinary conditions or situations as determined by Referee of the meet. In this situation, the meet must be rescheduled, by mutual agreement of the Team Representatives involved. Rescheduled meets may be held on

any mutually agreeable date. In case of a dispute over rescheduling, the League Chair's decision will prevail. Failure to comply will result in forfeiture.

- D. If due to unforeseen conditions, a meet must be interrupted; all completed events will be deemed official. When the meet resumes, no changes to the original line-up will be permitted, except deletion of swimmers who cannot attend on the rescheduled date and swimmers added to the lineup will only be allowed as Exhibition Swimmers (not eligible to swim for points). Failure to adhere to this procedure will result in the forfeiture of the meet by the offending team. Any relays to be swum in the makeup meet must be swum by original swimmers assigned unless swimmer is scratched for the makeup date then can be replaced by another swimmer but NOT an added exhibition swimmer.
- E. Place finishes shall be determined based on time. Timers shall be assigned to each lane to record watch times on event sheets. Each lane will have three timers. There will be one overall head timer. Each lane will have 2 timers from one team and 1 timer from the other team. (For tri-meets, 1 timer from each team). The Head timer shall carry two stopwatches.
 - a. The use of automatic (touchpads) or semi-automatic (Time Drops, Dolphins, or plungers) timing systems shall be backed-up by a minimum of one (1) manual watch per lane. Semi-automatic systems, when used as the primary timing system, shall have a minimum of two (2) devices per lane. Times from the automatic or semi-automatic timing systems should not be recorded on the timer sheets, only the watch times.
- F. At the conclusion of the meet, the host team is responsible for delivering a Meet Manager backup file (Meet Manager, File, Backup) to the League IT Coordinator as designated at the beginning of the season and to visiting team within 24 hours of the meet. Email is preferred. For a typical dual meet

Thursday 8PM

Exchange entries between teams for Saturday 8 am meet.

Friday 8PM

Host team emails Entry List to Visiting Team

Sunday 1PM

Host team provides Meet Manager Backup to Visiting Team and to FSSL IT Committee Chairperson via email or uploaded to cloud storage location provided to teams at the beginning of the season.

ARTICLE VI. MEET SCORING

SECTION 1: Dual Meet Scoring

- A. Individual events will be scored 5, 3, 1 respectively for first (1st), second (2nd), and third (3rd) place. All points awarded must be earned.
- B. Relay events will be scored 8, 4, 2 respectively for first (1st), second (2nd), and third (3rd) place.
- C. Ribbons will be awarded through 12th place.
- D. Each dual meet winner will be awarded 2 points toward divisional standings. In case of a tie each team will receive 1 point.
- E. For meets between teams in two different divisions, score will not be kept unless both teams agree prior to the start of the meet. There will be no divisional standing points awarded.

SECTION 2: Tri-meet scoring:

- A. Tri-meets among teams may be set up by mutual agreement among coaches.

- B. In the case of an in-Division tri-meet, the meet will be scored as a tri-meet.
- C. Individual events will be scored 5, 3, 1 respectively for first (1st), second (2nd), and third (3rd) place.
- D. Relay events will be scored 8, 4, 2 respectively for first (1st), second (2nd), and third (3rd) place. All points must be earned.
- E. Ribbons will be awarded through 12th place.
- F. In the case of an in-Division tri-meet, the meet winner will be awarded 2 points toward divisional standings, the second place team will be awarded 1 point, and the third place team will be awarded 0 points. In the case of a tie, each team will split the points.
- G. For tri-meets between teams from 2 or 3 different divisions, there will be no divisional standing points awarded.

SECTION 3: Ties

Where 2 or more swimmers tie for any place in any event, the points credited to such place or places, if any, next in order shall be equally divided between such swimmers, i.e., if two tie for first place, the points to be credited to first place and the points to be credited to second place shall be added and divided one-half and one-half. If three tie for first place, the points credited to first, second and third places shall be added and divided one-third, one-third and one-third, and so on for four or more tying for first place. The same is true for those tying for second place, third place and so forth.

SECTION 4: Disqualification

When a relay team or individual swimmer is disqualified, the subsequent places will move up accordingly and points shall be awarded to conform to the new places.

ARTICLE VII. DIVISIONAL MEETS (If Divisional Meets are held)

SECTION 1: General

- A. Divisional meets will be held on the Saturday following the last official meet of the FSSL season. The events will correspond to those in dual/tri meets.
- B. All swimmers registered on their team roster will be eligible to participate in their divisional swim meet, as long as they have competed in two FSSL meets during the swim season. Swimmers who did not meet the minimum meet requirement may swim exhibition. Exhibition swim counts toward maximum number of allowed entries per swimmer. All heats are official.
- C. The host team will be determined by league approval at the start of the season.
- D. The number of assigned lanes for warm up will be rationed based on the number of swimmers warming up per team as determined by Meet Entries.

SECTION 2: Entries

- A. Divisional meet participants will be allowed to enter as many as three (3) individual events and one (1) relay.
- B. If a swimmer is entered in more than the allowed number of events, the swimmer will be struck from any events over the legal limit and must swim the first 3 individual events scheduled. The swimmer will be removed from any remaining individual events.
- C. If a swimmer is entered in more than one relay, they will swim the first relay scheduled and be struck from any additional relays.

- D. There will be a maximum of 3 relay teams entered per team. All “A” relays will swim together in the fastest heat. All “B” relays will swim together in one heat. All “C” relays will swim together in one heat. The “B” and “C” relay heats may be combined if there are enough lanes for 1 heat.

SECTION 3: Event Scoring

- A. Individual events will be scored 7-5-4-3-2-1 respectively for first, second, third, fourth, fifth, and sixth place. All points must be earned.
- B. Relay events will be scored 10-7-4-2. All points must be earned.
- C. Ribbons will be awarded to 12th place.

SECTION 4: Entry Procedures

- A. Meet Manager entries are to be sent to the Host team by 8:00pm 3 days prior to the Divisional Meet (on the **Wednesday for Divisional meets held on Saturday**). The Divisional Meet Host team must send their Meet Manager entries to the other teams within their division by 8:00pm on the Wednesday prior to the Divisional Meet. The Host team must send Seeded Meet Entries for Handwriters (Meet Manager, Reports, Entry List, By Team, Alphabetical), and a Sessions Report (Meet Manager, Events, Sessions, Reports, Create Report, with Start Time and 30 second Intervals), to all teams within the Division by 8:00 pm Friday before the Divisional Meet.
- B. Entries for relay teams must be submitted when entries are exchanged. Alternates for each relay team may be designated up to the number of swimmers on the relay team. The supplying of alternates is not mandatory but if not supplied then a team may not substitute swimmers assigned to a relay team.
- C. A scratch list must be turned in 15 minutes prior to the start of the meet.
- D. No changes will be permitted to the individual entries after the entries have been submitted, except by mutual consent of the coaches, or in their absence, designated Acting Coaches. These entries must be swum as exhibition swims if a lane is available, and no points may be awarded. The referee will make the final decision in the event of a conflict.

Divisional Meet

Wednesday 8PM	Exchange entries between teams for Saturday 8 am meet.
Friday 8PM	Host team emails Entry List to Visiting Teams
Sunday 3PM	Host team provides Meet Manager Backup to Visiting Teams and to FSSL IT Committee Chairperson.

SECTION 5: Division Champion

- A. The total points earned during regular season meets AND the Divisional Meet will determine the DIVISION CHAMPION and final Division standings.
- B. Two (2) points will be awarded to the winner of each dual meet within the same division. In the case of a tie, points are split.

- C. For the Divisional Meet, points are awarded as follows:

1 st place	=	4 points
2 nd place	=	3 points
3 rd place	=	2 points
4 th place	=	1 point
5 th place	=	0 points

ARTICLE VIII. ALL-STAR MEET

SECTION 1: General

- A. After the divisional meets, an All-Star meet will be held. This meet is based on individual, not team, performance.
- B. Qualification for the meet is determined by a time standard. Time standards are determined at the start of the season. If a new time standard is not established by June 1, then the prior year time standard will be used.
- C. The time standard must be met during a regular FSSL or Divisional meet of the current year.
- D. The host team will be determined by league approval at the start of the season.
- E. All swimmers registered on their team roster will be eligible to participate in the All- star meet, provided they have competed in 2 FSSL meets during the swim season and meet the time standards. Exceptions may be petitioned to the Division Commissioners whose decision is final.
- F. The number of assigned lanes for warm up will be rationed based on the number of swimmers warming up per team as determined by Meet Entries. Each team will have a 20 minute warm-up period.

SECTION 2: Entry Procedures

- A. All swimmers must swim in their age group based on their ages as of June 1.
- B. Each swimmer will be required to pay an entry fee of \$5.00 for each event in which that swimmer will participate.
- C. Swimmers may swim a maximum of **4** individual events.
- D. Coaches must submit their swimmers (Team Manager, Export, Meet Entries, zip file) who meet the time standards with proof of time (Team Manager, Reports, Meet Entries, Radio Button "Include Proof of Time") and wish to participate in the ALL STAR meet to the Meet Director (chosen by the Host team) and the League IT Rep via email by **8PM** on the **Tuesday** directly following the Divisional Meet. No changes after deadline. The Meet Director reserves the right to accept or reject entries which are received after the deadline. The entry fee for entries after the deadline will be increased to \$6.00 for each event.
- E. The League IT Rep will send Seeded Meet Entries for Handwriters (Meet Manager, Reports, Entry List, By Team, Alphabetical), and a Sessions Report (Meet Manager, Events, Sessions, Reports, Create Report, with Start Time and 30 second Intervals), to all teams sending swimmers by **8PM** on the **Thursday** before the All Star Meet.

- F. The All Star Meet start time will be determined by the host team but no later than 9:00 am and will follow the same policies and procedures set forth in the FSSL rules for dual meets, unless otherwise specified in the Rules.

All Star Meet

Tuesday 8 PM	Exchange entries between teams for Saturday 8 am meet.
Thursday 8 PM	Host team emails Entry List to Visiting Teams
Sunday 3 PM	Host team provides Meet Manager Backup to Visiting Teams and to FSSL IT Committee Chairperson.

SECTION 3: Awards

- A. For the All-star Meet, medals will be awarded for the first (1st), second (2nd), and third (3rd) places per event.
- B. Ribbons will be awarded for fourth (4th) through twelfth (12th) places.

SECTION 4: Relay Events

- A. There will be no relay events in the All Star Meet.

SECTION 5: Scoring

- A. There will be no scoring of the All Star Meet.

APPENDIX A. DEFINITIONS

Age of Swimmer - Age groups for the League competition will be based on the swimmer's age as of June 1, regardless of the starting date of the FSSL season.

Division Champion - The team which scores the most points based on their place in the Divisional Meet and points won against other teams in their division in dual/tri meets during the regular season.

Divisional Meet Winner - The team which scores the most points in competition against other teams in their division at the Divisional Meet.

Eligible Swimmer - Individual may only swim for one FSSL team. Swimmer must NOT have reached their 19th birthday by June 1. Team must submit the registration fee to the FSSL prior to deadline set prior to the start of the season and have said swimmer listed as a swimmer on their team. Swimmer must have all information forms required by the team on file with the team rep.

End of Meet - The meet ends when the referee signs off on the final results print out.

Executive Committee - The Commissioners of each of the Divisions and the League Chair.

Exhibition Swim - A swimmer may participate in an event not as a competitor, but solely in order to acquire a time for that event. Exhibition swimmers are not awarded places, points or ribbons. Exhibition swims count towards the maximum number of events in which a swimmer may be entered. Exhibition swim also counts towards eligibility of swimming in a meet and times are recorded for eligibility for All Stars. A swimmer may swim in a meet solely as an Exhibition Swimmer. All Exhibition Swim entries MUST be submitted at the time of original submission of meet entry file by team.

FSSL Committee - A group composed of team representatives from all clubs in the FSSL.

General and Parental Interference - Any act which will inhibit coaches, officials and swimmers from performing their duties during practice or a meet.

Heat - When the number of swimmers in an event exceeds the number of available lanes, the swimmers are divided into smaller groups, called heats. Each heat remains a part of the original event, but, due to space limitations, will swim the race consecutively rather than simultaneously.

Ineligible Swimmer - Any of the following infractions will cause a swimmer to be ineligible and forfeit any points earned while ineligible: age, not registered, and/or swimming more than allowed events.

Mock Meet - A computerized program that uses the current seasonal best times for each swimmer on each team (obtained from a Team Manager Export File of Best Times or, in the absence of Best Times Export, by Meet Results from individual meets available to IT from the current year competition). These times are imported into an empty Team Manager database and a Mock Meet is created using the event list and entry limits of a Divisional Meet. A Team Manager report to "Predict Meet Results" is created, as per instructions by the League Chair to the IT Chair at the League Meeting in the fall wrap-up. Currently, this is a round-robin dual mock meet with dual meet 5-3-1 scoring and standard 4 entry limits and swimmers aged up to June 1 of the next season (Team Manager 4, Reports, Performance, Predict Results with 4 events and "Include Relays" selected). Teams are ranked by total points scored by Team X minus points scored against Team X. This report is given to the League Chair and presented to the league in the fall to determine division alignments for the following season.

Official Start Date - The Saturday date established by the FSSL Board each year as the start of the season and the first Saturday a dual meet may be held.

Relay Carnival - This is an optional meet held on a mutually agreed upon Saturday during the regular season. All events will be relays. All teams are eligible to participate. Teams may enter one team in each event. There will be no individual scores or times. Ribbons will be awarded to the top six (6) teams in each

event. Participation in the Relay Carnival counts towards required two regular meet participations required to participate in the Divisional Meet.

Scratch - To withdraw a swimmer from competition. A swimmer who is entered in a meet, but does not compete, is considered to be scratched, whether declared or not at the scratch meeting.

Start of Meet - The meetings that take place before the first event signal the start of the meet.

Warm Up - A 20 minute period of time in the pool, provided to the entire team preceding the meet. Coaches should direct their teams during warm up. Home teams warm up first, visiting teams warm up second. If there are three teams, warm up times will be assigned and communicated to team reps by Monday of the week preceding the meet. All warm ups shall be in the competition pool with equal time for all teams competing. Any additional warm up pools allowed for access during warm ups **MUST** have backstroke flags.

APPENDIX B. ORDER OF EVENTS

BOYS	EVENTS	GIRLS
1	15-18 50 Free	2
3	13-14 50 Free	4
5	11-12 50 Free	6
7	9-10 25 Free	8
9	7-8 25 Free	10
11	6 & Under 25 Free	12
13	15-18 100 IM	14
15	13-14 100 IM	16
17	11-12 100 IM	18
19	10 & Under 100 IM	20
21	15-18 50 Breast	22
23	13-14 50 Breast	24
25	11-12 50 Breast	26
27	9-10 25 Breast	28
29	8 & Under 25 Breast	30
31	13 & Older Co-ed 200 Medley Relay	31
32	12 & Younger Co-ed 200 Medley Relay	32
33	10 & Younger Co-ed 100 Medley Relay	33
34	8 & Younger Co-ed 100 Medley Relay	34
35	15-18 50 Back	36
37	13-14 50 Back	38
39	11-12 50 Back	40
41	9-10 25 Back	42
43	7-8 25 Back	44
45	6 & Under 25 Back	46
47	15-18 100 Free	48
49	13-14 100 Free	50
51	11-12 100 Free	52
53	9-10 50 Free	54
55	8 & Under 50 Free	56
57	15-18 50 Fly	58
59	13-14 50 Fly	60
61	11-12 50 Fly	62
63	9-10 25 Fly	64
65	8 & Under 25 Fly	66
67	Crescendo 200 Free Relay	68
	8 & Under 25	
	10 & Under 25	
	12 & Under 50	
	14 & Under 50	
	18 & Under 50	