

League Rules of the Knox-Area Interscholastic Swim League UPDATED 2025

1. League Organization

- 1.1. The League will be separated into a high school division and a middle school division. Large teams should schedule other large teams for regular dual competition. Teams with a small number of swimmers should schedule similar size teams for triangular or quadrangular meets.
- 1.2. Except as specifically modified by these League Rules, rules governing individual entries and relay entries in dual, triangular, and quadrangular meets shall conform to NFHS rules.

2. Team Coach Requirements

All KISL coaches are required to complete certain training and testing activities to be certified to coach a KISL team. Information regarding training requirements may be found on the KISL website www.kisl-swim.org

2.1. Athlete Protection Training (APT)

- 2.1.0. All persons wishing to serve as a KISL team coach must have successfully completed either the USA Swimming "Athlete Protection Training", Redwoods Institute "Child Sexual Abuse Training", or USA Swimming "Safe Sport Ready Set Go" training prior to October 1 of the current season.
- 2.1.1. Each team shall send a list of their coaches and proof of APT completion to the KISL Rules and Meet Management Chair prior to their first meet of the year. In the case where a coach is added after the original list has been submitted, the name and proof of APT completion must be send to KISL before that person is allowed to coach at a KISL meet. Failure to comply with this requirement may result in forfeiture of any and all meets and may prevent that team from participation in the KISL Championship Meet.
- 2.1.2. It is required that each coach repeat the APT certification every 3 years.

2.2. Concussion Awareness and Sudden Cardiac Arrest Awareness Training

- 2.2.0. All persons wishing to serve as a KISL team coach must have successfully completed both the NFHS Concussion Awareness Training and the NFHS Sudden Cardiac Arrest Training prior to performing any coaching duties with a KISL team or no later than October 1 of the current season
- 2.2.1. Each coach will send proof of completion of both the NFHS Concussion Awareness Training course and the NFHS Sudden Cardiac Arrest Training along with the respective completed checklists to the KISL Rules and Meet Management Chair prior to performing any poolside coaching duties for their team. Any time a new coach joins a team during the season, they must send proof of required training and checklists before performing any coaching poolside duties. Failure to comply with this requirement may result in forfeiture of any and all meets and may prevent the coach's team from participation in the KISL Championship Meet
- 2.2.2. It is required by Tennessee state law that each coach repeat the Concussion Awareness Training and Sudden Cardiac Arrest Awareness Training every year

3. Athlete Eligibility to Compete

- 3.1. Students must meet all eligibility requirements as stated in current year TISCA rules for high school athletes. Request for clarification of or exemption from any TISCA eligibility rule shall be made to TISCA Review Committee Representative.
- 3.2. Middle School Students must meet all the academic and residency requirements of their school as for any other interscholastic sport. Middle School swimming is for students who are currently in sixth, seventh, or eighth grade. The student is limited to three (3) years of eligibility.
- 3.3. Students must meet all the academic and residency requirements of their school as for any other interscholastic sport.
- 3.4. Home-School students are allowed to participate in KISL dual meets if competing as EXHIBITION or may participate as a member of a TISCA-accepted home school team. Additionally, a student attending a non-KISL member high school may either participate as EXHIBITION or as representing their school upon approval of KISL Executive Committee.
- 3.5. Any student who attends an accredited school located in the KISL Geographic Area which does not offer the club sport of swimming and which school does not have the proper support to form a swim team, may compete as a member of a KISL member team for the current school year if the following requirements are met:
 - a) The total number of athletes from the school not having a swim program must be 9 or fewer.
 - b) The combined team size may not exceed 40 swimmers.
 - c) The names of the new athletes must be included on the Eligibility List roster submitted by the member school to KISL with the name of the school those athletes currently attend noted.
 - d) The athletes are allowed to participate for the current year only. These requirements must be met each year.
 - e) The KISL Executive Committee shall determine that the above requirements have been met.
- 3.6. Students who meet the criteria noted in 3.5 above, but who are not able to compete as a member of another KISL member team (either because of geographic location or the size of the nearest member KISL team), may elect to form a Cooperative Swim Team with more than one other school, meeting the same criteria for the current school year, if the following requirements are met:
 - a) The number of athletes from each school must be 9 or fewer.
 - b) The size of the Cooperative Swim Team may not exceed 30 swimmers.
 - c) The new Cooperative Swim Team must follow the KISL rules for application for new membership.
 - d) The KISL Executive Committee shall determine that the above requirements have been met.
- 3.7. Requests for waiver of Section 3.5 or 3.6 eligibility requirements will be handled by the KISL Executive Committee. Each request will be published on the KISL website along with the action taken by the Committee regarding that request. Any waiver granted will be for the current season only.
- 3.8. A home schooled student wishing to participate in swimming at a KISL member public or private school shall be eligible if the following qualifications are met:
 - a. The student shall be enrolled in a home school study program in compliance with Section 49-6-3050(b)(1) and be registered with the local director of schools (or head of school, if a private school) by September 15 of the current school year. In the case of a private school, the student must be registered with the school that they wish to swim for. In this situation eligibility for events outside of KISL (i.e. TISCA Championships) would not apply.
 - b. The participating student must have a legal residence within the school district where he/she is registered, if registering with a public school. If registering with a private school, the student must have a legal residence in the county or counties contiguous to the private school location
 - c. By September 15 of the school year, the parent or guardian must make application to the principal of the member school in which the home school athlete wishes to participate.

- d. Any home school student who is unable to access a home school study program in compliance with Section 49-6-3050(b)(1) located in the KISL Geographic Area which offers the club sport of swimming, may elect to form a Cooperative Swim Team with more than one other school, meeting the same criteria for the current school year, if the following requirements are met:
 - i. The number of athletes from each school must be 9 or fewer
 - ii. The size of the Cooperative Swim Team may not exceed 30 swimmers
 - iii. The new Cooperative Swim Team must follow the KISL rules for application for new membership
 - iv. The KISL Executive Committee shall determine that the above requirements have been met.
- e. In cases where the home school athlete cannot access a home school study program or form a Cooperative Swim Team under the guidelines above, the athlete may elect to compete as an unattached single member team.
 - i. The new unattached athlete must follow the KISL rules for application for new membership
 - ii. The KISL Executive Committee shall determine that the above requirement have been met.
- f. The home school athlete shall meet the same academic standards required of a member school student athlete to participate in the athletic program; however, the Director of Schools for public schools (or the head of school for private schools) in which a home school athlete wishes to participate shall work with the parent or guardian to ensure that the home school athlete is academically eligible. If a home school student's course of study does not include five (5) academic subjects, then the Director of Schools (or head of school, if a private school) and the parent shall develop an alternative measure of academic progress.. Proof of academic eligibility shall be provided by the member school to the KISL each semester.
- g. The home school student must provide proof of basic medical insurance coverage and both independently secured catastrophic insurance coverage and liability insurance coverage in the event the school's insurance provider does not extend coverage to students enrolled in home school programs. The insurance must be in place before the home school student practices or participates.
- h. The home school student must meet all other applicable KISL eligibility requirements.
- i. All eligibility issues may be appealed in accordance with the Bylaws of the KISL.
- j. The home school athlete must adhere to the same standards of behavior, responsibility, performance, and code of conduct as other participants of the team.
- k. This rule gives a home school athlete the opportunity to try out for a member school's athletic team. Ultimate decisions on the roster are left to the member schools and are not governed by the KISL. No student is guaranteed participation, but only the opportunity to try out for a position on the team, subject to the other provisions of this rule.

4. Team Eligibility List and Fees

- 4.1. An Eligibility List containing the names of each competitor who is to participate during the season shall be filed with the Treasurer. All team swimmers and divers are considered competitors and must be listed. If a competitor whose name does not appear on the original list wishes to become a member of the team, they must have their name filed with the Treasurer before they are allowed to participate.
- 4.2. Students must meet all the academic and residency requirements of their school as for any other interscholastic sport. Middle School swimming/diving is for students who are currently in sixth, seventh, or eight grade. Middle School athletes are limited to three (3) years of eligibility.
- 4.3. The Team Eligibility List and fees must be received by KISL no later than December 15 for the team to be eligible to participate in the KISL Championship Meet. Team Fees received on or before November 15 will be \$7.00 per athlete. Team fees received between November 15 and December 15 will be \$10.00 per athlete
- 4.4. Unless submission of a competitor's name and fee is postmarked to the Treasurer on or before the day of a meet, the competitor is ineligible to participate in the meet.
- 4.5. In the case where ineligible swimmers or divers compete in a dual meet, the team(s) having the ineligible athletes shall forfeit the meet.

5. Dual and Tri Meets

- 5.1. Member teams must schedule at least three dual, triangular, or quadrangular League Meets per season. It is expected that member teams will make every reasonable effort to participate in any scheduled League meet. The penalty for a team not showing at a scheduled League Meet shall be \$25.00. A team may avoid the penalty if the meet is canceled a minimum of one (1) week prior to the date scheduled. All cancellations will be handled directly between the Team Coaches and/or Representatives. Failure to pay the fine by the KISL Championship entry deadline will result in team ineligibility for the KISL Championship Meet. Exceptions to this requirement would be weather conditions existing at the scheduled time for the meet, which would normally result in school closing.
- 5.2. Scheduled meets falling on snow days may be swum provided the facility is available and there is mutual consent of the coaches.
- 5.3. Individual swimmers on a League Team must swim in at least two dual, triangular, or quadrangular League Meets to be eligible to compete in the KISL Championship Meet.
- 5.4. Any team may compete outside of this League on its own initiative.

6. Meet Rules and Procedures

Except as specifically modified by the KISL Constitution, By-Laws, or League Rules, all KISL competition shall be conducted in accordance with the current year National Federation of State High School Association (NFHS) Swimming and Diving Rules. Further, the meet rules and procedures may be modified by agreement of the coaches of all participating teams and the Meet Referee.

Starting and False Start Rules

Starting and False Start Recall procedures shall be in conformance to the current NFHS rules and are described in Appendix A of this document.

7. Individual Entries

- 7.1. For competition, a competitor shall be permitted to enter a maximum of four events, no more than two (2) of which may be individual events, with the following exception;
 - a) If a team has less than four (4) swimmers participating in either boys or girls events and therefore cannot field a relay at a meet, those competitors may swim three (3) individual events in non-championship meets.
- 7.2. A competitor may compete in more than 4 events in a dual meet if the entry cards are designated EXHIBITION before the competitor stands on the block. Exhibition swims do not count as one of the four allowed events but may count as a qualifying time and are subject to disqualification.
- 7.3. A competitor participating in, or attempting to participate in, more than the allowed number events shall be disqualified from that event and further competition in the swim meet.

8. Team Entries

- 8.1. The number of entries per event by each competing team is determined by whether it is a dual or triangular meet.
- 8.2. In dual meets, each team may enter a maximum of 3 swimmers in individual events and enter 3 teams in relay events. Additional swimmers or relay teams may be entered if their entry is marked EXHIBITION prior to the start of the event.
- 8.3. In Double Dual or Triangular meets, the default shall be that each team may have a maximum of 2 scoring entries in individual events and 2 scoring entries in relay events. The default limits may be disregarded by mutual consent of the coaches of the involved teams. Additional swimmers or relay teams may be entered if their entry is marked EXHIBITION prior to the start of the event.

9. Meet Scoring

- 9.1. If more than 1 heat for any event, only first heat will be scored. Additional heats will be run as Exhibition.
- 9.2. In relay events, swimmers names must be entered on the entry cards and the score sheets.

- 9.3. Meet scoring shall be according to the KISL Scoring Rules shown below. Alternately, if all coaches agree, the meet may be scored as described in the applicable section of the current NFHS Rule Book. A coach wishing to use NFHS scoring rules for a meet must contact the coaches of the other teams at least one week prior to the meet and gain their approval.
- 9.4. In relay events, only 1 relay per team may score.
- 9.5. Dual Meet Scoring:
- | <u>Individual Events</u> | <u>Relay Events</u> |
|--------------------------|---------------------|
| 6 - 4 - 3 - 2 - 1 - 0 | 8 - 4 - 0 |
- 9.6. Triangular Meet Scoring:
- | <u>Individual Events</u> | <u>Relay Events</u> |
|--------------------------|---------------------|
| 7 - 5 - 4 - 3 - 2 - 1 | 8 - 4 - 2 |

10. General Meet Procedures

- 10.1. Choice of lanes:
- In dual meets, the Home team shall compete in even numbered lanes, the Visiting team shall have odd numbered lanes.
 - In triangular or quadrangular meets, choice of lanes by draw or by decision of the coaches involved in the meet.
- 10.2. Before the start of any League meet, a Meet Referee shall be assigned by the host team and his/her identity made known to all coaches and officials. The Meet Referee shall insure that all officials and deck workers are properly trained to perform their assignments and shall be responsible for the meet being run in a manner fair to all participants.
- 10.3. All Referees, Starters and Stroke & Turn Judges must be certified by KISL to serve in that position and must be a minimum of 18 years old. Normally the Referee and Starter will be supplied by the Host team and the Stroke & Turn Judges will be evenly supplied by the teams involved in the meet. If a team does not have a person certified to fill a particular position, then that team must ask the other team(s) to fill that position if possible. If there are no KISL certified persons available to fill a position then the Referee may decide to swim the meet without that position filled or may fill the position with a person known to be qualified in the duties of that position. No person may serve as an official in a swim meet where they are also either entered as a competitor or serving as a team coach
- 10.4. It shall be the responsibility of each competing team to furnish lap counters for their competitors in the 500 Freestyle.
- 10.5. All meet officials and workers, except the referee and the starter, shall be a shared responsibility of the competing teams.
- 10.6. NFHS Relay Takeoff procedures (Rule 4-6) shall be used for KISL Dual and Tri meets except that no Relay Takeoff judge shall raise their hand to indicate a possible early takeoff.
- 10.7. Meet workers should be jointly supplied by both host and visiting teams, for example;

Visiting team(s) should provide the following workers:

- Lane Timers for visiting team lanes
- Stroke
- Judge(s) Finish
- Judge
- Relay Takeoff Judge(s)
- Scorer

Host team should provide the following workers:

Referee
Starter
Head Timer
Stroke Judge(s)
Lane Timers for Host team lanes
Overcall Finish Judge
Finish Judge
Relay Takeoff Judge(s)
Scorer

Additional workers that may be needed for a particular meet, such as runners, marshals, etc. shall be normally provided by Host team

- 10.8. It is required that each lane have a minimum of one timer assigned to operate a manual watch. In the case where electronic timing is being used, each lane must have minimum of two timers assigned, one to operate manual watch and one to operate timing system backup pushbutton (pickle). If electronic timing is to be used for a meet, the host team must inform the visiting team at least 7 days prior to meet that two timers per lane will be required.
- 10.9. Swimmers shall swim in the lane assigned by their coaches, unless otherwise directed by Meet Referee.
- 10.10. A Lap bell may be used on the 500 Freestyle.(High School only)
- 10.11. Placing shall be decided as follows:
- 10.12. If electronic finish judging is available, it is preferred that the electronic system be used for placing. In addition, two across-the-board finish judges shall judge each race. In the case where the electronic system malfunctions, the finish judges ballots shall be used to determine the placing as described in section b).
- 10.13. If electronic finish judging is not available, two across-the-board finish place judges shall judge each race. If both agree on all places, that shall be the official placement. Finish judges may call a tie. If the finish judges disagree, the Referee shall determine the official placement. For this determination, he may use any information or method available such as; (1) the ballot of an over-call across-the-board judge, and (2) his own ballot, if available, (3) watch times, and (4) modified ballot system.
- 10.14. Protests involving eligibility of a team shall be made to the Executive Committee. A verbal protest must be made within 48 hours and a written protest within one week of the violation.

11. Records:

Records can be established in League Meets or at the KISL Championship Meet. Records can be established only in a 25 yard pool. If electronic timing is available and functioning, the primary system shall be the official time. If electronic timing is not available or malfunctions, there must be three (3) timers on the lane when the record is established, and the entry card must have all three times recorded. The Entry card must be signed by the coach or League Representative of each competing team in the meet where the record is established. In addition, a qualified USS Stroke and Turn Judge must be judging the event where the record is established. The entry card will then be given to the League Treasurer for recording, along with proof of the size of the pool.

12. Order of Events

The following are the KISL defined Order of Events for High School, Middle School and combined High School / Middle School meets. The order of events for a particular meet may be changed by unanimous agreement of the coaches for all teams competing in the meet.

For the High School League and Championship meets the following order of events:

<u>WOMEN</u>	<u>MEN</u>	<u>LENGTH</u>	<u>EVENT NAME</u>
1	2	200 yard	MEDLEY RELAY
3	4	200 yard	FREESTYLE
5	6	200 yard	INDIVIDUAL MEDLEY
7	8	50 yard	FREESTYLE
9	10	1 meter	DIVING
11	12	100 yard	BUTTERFLY
13	14	100 yard	FREESTYLE
15	16	500 yard	FREESTYLE
17	18	200 yard	FREESTYLE RELAY
19	20	100 yard	BACKSTROKE
21	22	100 yard	BREASTSTROKE
23	24	400 yard	FREESTYLE RELAY

For the Middle School League and Championship meets the following order of events:

<u>WOMEN</u>	<u>MEN</u>	<u>LENGTH</u>	<u>EVENT NAME</u>
1	2	200 yard	MEDLEY RELAY
3	4	200 yard	FREESTYLE
5	6	100 yard	INDIVIDUAL MEDLEY
7	8	50 yard	FREESTYLE
9	10	50 yard	BUTTERFLY
11		200 yard	COED FREE RELAY
13	14	50 yard	BACKSTROKE
15	16	100 yard	FREESTYLE
17	18	100 yard	BREASTSTROKE
19	20	400 yard	FREESTYLE RELAY

For combined High School / Middle School League meets the following order of events:

<u>WOMEN</u>	<u>MEN</u>	<u>LENGTH</u>	<u>EVENT NAME</u>
1	2	200 yard	MEDLEY RELAY
<i>1M</i>	<i>2M</i>	<i>200 yard</i>	<i>MEDLEY RELAY</i>
3	4	200 yard	FREESTYLE
<i>3M</i>	<i>4M</i>	<i>200 yard</i>	<i>FREESTYLE</i>
5	6	200 yard	INDIVIDUAL MEDLEY
<i>5M</i>	<i>6M</i>	<i>100 yard</i>	<i>INDIVIDUAL MEDLEY</i>
7	8	50 yard	FREESTYLE
<i>7M</i>	<i>8M</i>	<i>50 yard</i>	<i>FREESTYLE</i>
9	10	1 meter	DIVING
11	12	100 yard	BUTTERFLY
<i>11M</i>	<i>12M</i>	<i>50 yard</i>	<i>BUTTERFLY</i>
13	14	100 yard	FREESTYLE
<i>13M</i>	<i>14M</i>	<i>100 yard</i>	<i>FREESTYLE</i>
15	16	500 yard	FREESTYLE
17	18	200 yard	FREESTYLE RELAY
<i>17M</i>	<i>18M</i>	<i>200 yard</i>	<i>FREESTYLE RELAY</i>
19	20	100 yard	BACKSTROKE
<i>19M</i>	<i>20M</i>	<i>50 yard</i>	<i>BACKSTROKE</i>
21	22	100 yard	BREASTSTROKE
<i>21M</i>	<i>22M</i>	<i>50 yard</i>	<i>BREASTSTROKE</i>
23	24	400 yard	FREESTYLE RELAY
<i>23M</i>	<i>24M</i>	<i>200 yard</i>	<i>COED FREE RELAY</i>

Note: The 'M' event numbers designate Middle School events and should be swum after completion of both Men's and Women's corresponding high school events.

Appendix A - KISL Starting and False Start Rules

FORWARD STARTS

1. To bring the swimmers to the starting area, the referee/starter blows a series of short whistles (no fewer than 4) followed by the announcer announcing the event/distance/heat –“This is the 200 yard freestyle, heat 2”.
2. When all swimmers have approached the blocks, the referee/starter blows a long whistle for the swimmers to step onto the block and take their positions.
3. Once all swimmer are on the blocks, the referee immediately turns the heat over to the starter.
4. When the swimmers steered into position, referee/starter gives the command “Take Your Marks”
5. When swimmers are stationary, the referee/starter activates the starting signal.

BACKSTROKE STARTS

1. To bring the swimmers to the starting area, the referee/starter blows a series of short whistles (no fewer than 4), followed by the announcer announcing the event/distance/heat. “This is the 200-yard medley relay, heat 2”
2. When all swimmers are at the side of the blocks, the referee/starter blows a long whistle for the swimmers to step into the water, feet first.
3. When all swimmers have surfaced, the referee/starter blows a second long whistle to have the swimmers return to the wall and assume their starting positions.
4. When the swimmers are settled into position, the referee/starter gives the command “Take you marks”.
5. The referee/starter observes whether any feet or toes are above or curling over the gutter or pool’s edge, the starter/referee should remedy any incorrect positions prior to the starting signal
6. When swimmers are stationary, the referee/starter activates the starting signal.

NO RECALL STARTING PROTOCOL

FOR 2 OFFICIALS – DUAL CONFIRMATION OF THE FALSE START

The Referee shall;

1. Upon observing a false start, record in writing the lane or lanes that have committed a false start
2. At the completion of the race, compare written records with the starter and, upon confirming that both have observed the same violation, will disqualify the swimmer(s) and notify the swimmer(s) and/or coach(es) of the violation.

The Starter shall;

1. Upon observing a false start, record in writing the lane or lanes that have committed a false start
2. Activate the recall device immediately if an entire race is being recalled due to an unfair start.
3. At the completion of the race, compare written records with the referee to confirm/not confirm the potential violation(s)

FOR ONE OFFICIAL

The official shall.

1. Upon observing a false start, raise a hand with open palm as soon as possible after the start, but before the swimmer have completed their first length, indicating the violation
2. At the completion of the race, s/he will also notify the swimmer(s) and / or coach(es) of the disqualification.

RECALLING THE ENTIRE HEAT

The referee/starter may recall the entire heat –

1. When the start is such that the referee/starter is not satisfied that the race was properly started
2. It is not necessary to charge any swimmer with a false start under these conditions, although that may occur.
3. If all swimmers do not stop immediately, it is permissible for the referee to delay re-swimming the heat.