

Northside

Summer Swim League

Policies, Procedures, Rules, and Regulations

2022

Please make a special note

More than 95% of all communications between the Northside Summer Swim League (NSSL) and the member Teams is via e-mail and the Web Site. Therefore, it is imperative that each and every team has a current and reliable e-mail address and telephone number listed in the Team Directory, which is accessible from the Home Page of NSSL Web Site (www.teamunify.com/team/cmtxnasa/page/ns-summer-league). It is each team's responsibility to ensure that this information is kept current and accurate. There are instructions on the Summer League Home Page or you may simply e-mail any additions, deletions, or revisions to: nisdsummerswimleague@gmail.com



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I. Introduction

The Northside Summer Swim League (NSSL) was developed to be a fun family swimming environment where the fundamentals of the four competitive strokes are taught and competition is introduced on a local level.

The primary goal of the NSSL is to encourage and develop a love for the sport of swimming while instilling the values of good sportsmanship, hard work, and respect.

In order to accomplish this goal, the NSSL provides, through its Member Teams, quality instruction in competitive swimming technique, competition, and water safety at a level that is intended to be fun for the participating athletes, parents, and coaches.

The successful operation of the League relies heavily on volunteers. Parents are encouraged to “get involved” in some way other than being a spectator. Their help is greatly appreciated.

The NSSL is an electronically administered league. A Summer League website page is maintained at www.nisd.net/athletics/aquatics under the “Diving, Safety, and Community Programs” website and most communication flows through that website and by e-mail.

II. Membership

A. Team Eligibility

- a. Bonafide summer league teams in the Northside ISD attendance area are eligible for participation in the Northside Summer Swim League. Summer league teams are recreational swimming organizations that cater primarily to summer-only swimmers.

B. Application for Membership

- a. A letter of intent for membership in the League should be submitted along with the new team registration fee to the League Commissioner not later than March 1st of the year participation is desired.
- b. **Current member teams must commit to the League each season by submitting a non-refundable team registration fee to NISD Adult and Community Education no later than June 6st of the year participation is desired.**
- c. Please provide address information necessary for providing a Pool Locator map on the NSSL Web Site and at least one valid e-mail address and phone number.

III. Athlete Eligibility

- A. A swimmer’s age for the entire season shall be determined by her/his age as of June 1st of the current season.
- B. Swimmers who have graduated from high school as of August 15, 2021, may not participate in any NSSL meet. Coaches are encouraged to keep high school-age swimmers involved in the team as demonstrators and role models but not as coaches since that could affect their UIL Eligibility.
- C. Swimmers who have achieved a lifetime best time that is equal to or faster than the current Sectional Qualifying Times may not compete in the stroke in which they have the Sectional Qualifying time nor compete in a relay in that stroke. (Table One)
- D. Swimmers, age 14 and under, who have achieved a lifetime best time that is equal to or faster than the current TAGS time standard may not compete in the stroke in which they have the TAGS time nor compete in a relay in that stroke. They may, however, compete in a higher age group in which they have not achieved a time faster than the current TAGS time standard. (Table Two)
 - a. A swimmer’s eligibility to swim in NSSL Meets may be individually challenged based on the times in Table One or Two. However, the burden of proof lies with the challenger.
 - i. In the event of a violation of the time restrictions, the burden of proof to disprove the validity of the challenge lies with the swimmer’s coach and parents.
 - b. Challenges must be submitted by first class mail or e-mail to the Commissioner but not later than July tenth (10th) of the current Season. All Challenges must include the challenger’s name and contact information. Anonymous challenges will not be accepted. All necessary documentation must accompany the challenge including the swimmer’s name and the source of information that indicates a violation of the NSSL time standard restriction. In addition, a \$100 deposit in the form of cash, cashier’s check, or money order must accompany all challenges. The deposit will be returned in the event that the challenge is upheld and forfeited to the NSSL if the challenge is found to be baseless.

- c. If the challenge is upheld the offending swimmer’s team will forfeit any dual meet in which the violation occurred. If the violation occurred during the division championships, the swimmer will be disqualified from the meet and the meet re-scored.
 - d. The only acceptable source for proof-of-time challenges is the USA Swimming SWIMS National Database.
 - e. Parents are solely responsible for ensuring all aspects of the eligibility of their child in representing her/his team.
- E. Swimmers may compete for only one (1) Northside Summer Swim League team during any given season.
- a. Violators will be banned from further participation during the current season.
- F. No NSSL swimmer shall compete at the same distance using the same stroke in more than one age group.
- G. Employees of a member team’s pool may compete only if they are also individual members of the team and in compliance with all other eligibility provisions.
- H. All participating swimmers must be listed on the official roster submitted to the Commissioner prior to participation in any meet.

2020 USA Sectional Time Standards

Table One

Women			Men	
Lc	Sc	Event	sc	lc
28.09	24.49	50 fr	21.69	25.29
1:00.69	53.09	100 fr	47.39	54.79
2:10.99	1:53.79	200 fr	1:43.79	2:00.49
4:39.69	5:05.09	400/500 fr	4:42.79	4:15.69
9:27.49	10:28.39	800/1000fr	9:42.49	8:49.49
18:06.29	17:25.69	1500/1650fr	16:24.19	16:56.39
1:07.99	58.99	100 bk	53.39	1:01.99
2:26.79	2:07.19	200 bk	1:54.89	2:13.79
1:17.89	1:06.89	100 br	59.59	1:09.69
2:46.79	2:24.59	200 br	2:09.59	2:30.89
1:05.79	58.19	100 fy	52.09	59.59
2:25.79	2:08.89	200 fy	1:55.09	2:11.19
2:28.89	2:09.49	200 im	1:55.39	2:15.09
5:12.89	4:33.29	400 im	4:11.19	4:47.79

Table Two

2019 TAGS Times Standards

Boys				Girls		
10-un	11-12	13-14	Event	13-14	11-12	10-un
29.19	25.79	23.29	50 FR	25.29	26.59	29.59
1:04.69	56.59	50.69	100 FR	54.69	57.39	1:04.99
2:19.39	2:03.69	1:49.39	200 FR	1:57.19	2:03.99	2:20.99
6:09.79	5:27.89	4:54.09	500 FR	5:14.89	5:30.39	6:13.89
-----	-----	10:12.59	1000 FR	10:46.89	-----	-----
-----	-----	17:26.39	1650 FR	18:13.59	-----	-----
34.59	29.99	-----	50 BK	-----	30.79	34.59
1:14.39	1:04.99	57.19	100 BK	1:01.19	1:05.39	1:14.09
-----	2:18.89	2:03.09	200 BK	2:11.89	2:19.99	-----
38.89	33.69	-----	50 BR	-----	34.69	38.99
1:24.39	1:13.69	1:04.59	100 BR	1:09.49	1:14.69	1:24.89
-----	2:39.99	2:21.69	200 BR	2:31.89	2:41.19	-----
32.59	28.49	-----	50 FY	-----	28.99	33.09
1:14.39	1:03.39	55.79	100 FY	59.99	1:04.79	1:14.79
-----	2:22.89	2:04.69	200 FY	2:14.69	2:23.99	-----
1:14.09	1:04.69	-----	100 IM	-----	1:06.39	1:15.19
2:39.49	2:20.39	2:04.89	200 IM	2:13.69	2:21.59	2:40.59
-----	-----	4:24.69	400 IM	4:42.89	-----	-----

IV. Administrative Considerations

A. General

- a. The NSSL is an activity of the Northside Independent School District and is directed and managed by a Commissioner who is responsible to the Assistant Director of Athletics for Aquatics and the Aquatics Coordinators of the George Block Aquatics Center and the NISD Natatorium.

B. Member Teams

- a. Teams who have been members of the League in the previous year shall automatically be considered to be members in all succeeding years provided they meet the annual fee requirements.
- b. Teams that were not members of the League in the previous year must formally apply for membership by submitting a letter of application to the NSSL Commissioner prior to the league scheduling meeting for the year in which membership is requested. New teams that join after the scheduling meeting may be placed as appropriate.

C. Team Representative

- a. Each member team is required to have at least one designated team representative through which communications from the League will flow. The primary mode of communications is by e-mail and each member team is required to provide the Commissioner with at least one reliable e-mail address and telephone number.

D. Website

- a. The Northside Aquatics website (www.nisd.net/athletics/aquatics) and NSSL website www.teamunify.com/team/cmtxnasa/page/ns-summer-league are extensively utilized as a means of broader communications with Member Teams. From the Northside Aquatics page, navigate to the Diving, Safety, and Community Programs website where you can find a tab with Summer League information. There is a Summer League Home Page, from which a variety of information can be accessed, including the Team Directory with telephone numbers and e-mail addresses. Since information on the Web Site is updated very frequently, it is essential that each team make it a practice to visit it daily. It is imperative that each team representative periodically ensures his or her data in the posted Team Directory is accurate and current.

E. Communication

- a. It is the responsibility of Member Teams to avail themselves of these communications channels so that they are fully informed as to the goings-on in the League, including meetings, schedules, calendars, official's clinics, etc.
 - i. Instructions for updating Team Directory data are prominently displayed near the top of the Directory itself.

F. Team Rosters

- a. Each Team must provide the Commissioner by email, a complete, current, and accurate Team Manager[®] Mailing Information Report (TMMIR) and submit Family Registration Forms before the first meet of the current season. This submission is crucial to the provision of insurance and teams that fail to meet the deadline jeopardize insurance coverage of all of the other teams.
 - i. The required roster must be prepared using Team Manager[®] software.
 - ii. At any time during the season, when there are additions to a team's roster a supplemental submission is required. Supplemental submissions must be by email to the League Commissioner.

G. Division Alignments

- a. The League is divided into Divisions in order to ensure competitive parity among its members. The number of teams in the league determines the number of Divisions. Alignments are determined by team size.
- b. Receipt of team commitments and team registration fees by **June 6th** each year is critical to the determination of alignments.

H. Scheduling of the Division Championship

- a. Meet Information for the Division Championship will be posted on the Northside Aquatics website.

I. Amateur Athletic Status/ Athletes Teaching Lessons

- a. The University Interscholastic League (UIL) imposes stringent rules on high school athletes who may be employed by summer league teams/pools. High school eligible athletes, who may become so employed, are required to read and understand the following two paragraphs, which are quoted from the current UIL Rules.

1. **ATHLETES TEACHING LESSONS.** **Caution!** Eligible swimmer athletes will be in violation of the Amateur Rule if they are paid to teach any level of swimming or diving other than beginning swimming or lifesaving. Fees for teaching at these two levels may not exceed the prevailing rate as specified in the UIL Constitution and Contest Rules, Section 441(d). Pay for coaching is a violation.
2. **INTERPRETATIONS.** UIL eligible athletes may not be paid to serve as a coach or assistant coach. UIL eligible athletes may be paid to instruct swimming or to lifeguard. The method and rate of pay is the test. They must be paid at the pool's rate for lifeguarding or swimming instruction. All documentation will be considered in an eligibility case, i.e., UIL eligible athletes may not be listed on any flyers or programs as a coach or assistant coach. All timesheets must reflect hours spent in swimming instruction and / or lifeguarding.

V. Facilities and Equipment

A. General

- a. This section outlines the minimum requirements with regard to both facilities and equipment. All league member teams are expected to make good faith efforts to comply with each of the requirements. However, it is recognized that some facilities, especially those fielding first-year teams, may not have the resources, support, and/or permission to completely meet those requirements. The Commissioner will address such matters on a case-by-case basis in order to arrive at workable solutions that will not seriously compromise the fairness or safety of the competition.

B. Facilities

a. Pool Dimensions

- i. **Length**
The preferred pool length is 25-yards, but courses of 25-meters and other lengths are acceptable.
- ii. **Width**
Six competition lanes, with a minimum width of six feet from centerline of one lane to the centerline of the next lane is preferred. Approximately 1.6 feet of additional open water outside lanes one and six is preferred. It is recognized that most NSSL Member pools have different configurations. The minimum acceptable configuration is four competition lanes.
- iii. **Depth**
The preferred minimum depth is four feet, but it is recognized that many NSSL Member pools may have shallower minimum depths. **Starting from a dive in pools that are less than four feet in depth is not permitted.**
- iv. **Lane markings**
 1. **Bottom**
The bottom of each lane shall be marked along its center with a continuous, contrasting line at least six inches wide, extending to within two meters of either end of the pool. The ends of the lines should be terminated with the crossbar of the same material and lateral dimensions.
 2. **End Walls**
The end walls of each lane should be marked at its center with a flush, non-slip "T", "I" or cross of the same material and width as the bottom markers. End wall lane markers should extend a minimum of two feet below the surface of the water.
 3. **Top edge of deck**
It is recommended that the top edge of the deck be of a contrasting color to the end wall markers to provide a visual target above the water at the end of the course.
 4. **Lane numbers**
Lanes shall be numbered from right to left as viewed from behind. Any numbers should be easily visible to competitors and officials from either side of the pool. It is recommended that lanes also be numbered at the turn end of the pool.

b. Water Quality

Water temperature, chemistry, etc. shall be in compliance with the Local and Texas State Health Codes and / or the current USA Swimming Rules and Regulations.

C. Equipment

- a. All equipment requirements are the responsibility of the meet host. Minimum equipment is as follows:
 - i. Starting signal, preferably with a visual strobe light.
 1. **Whistles should not be used as a signal to start races in any NSSL competition.**
 - ii. Recall rope at the approximate length-wise center of the pool.

- iii. At least two (2) digital stopwatches per competition lane, plus a minimum of two (2) spares are required.
- iv. Backstroke flags consisting of at least three - 12 by 6-inch pennant-shaped flags per lane, suspended overall lanes, and placed five yards from either end at a height of seven feet above the water's surface.
- v. Optional starting blocks provided for all lanes and securely anchored to the deck. The platform should have a minimum surface area of 256 square inches, and be covered with a non-slip material. The front edge of each block should be flush with the pool's end wall and a hand-grip for backstroke starts should be provided. The platforms may slant from back to front to a maximum of 10 degrees from the horizontal. **Starting blocks are not to be used in water that is less than 4 feet in depth.**
- vi. Floating lane markers or dividers of some sort must be used.

VI. Safety

A. General

The competitors and the Host Pool must address safety considerations whenever a meet is held. Specific standards of safety and operation of a swimming pool as published and determined by the Texas Department of Health are available at www.tdh.state.tx.us/beh/gs/pools.htm.

B. Safety Officer

Host teams must provide at least one (1) individual to serve as the Safety Marshall (usually a lifeguard) during all times during the meet and be clearly identifiable to all in attendance.

- a. The Safety Officer shall have complete authority over all safety issues that may arise during the course of the competition.
- b. Failure to designate a Safety Marshall may cause the host team to be found negligent in case of an accident(s).

C. Coaches Certification

All NSSL coaches are required to be currently certified in either Safety Training for Swimming Coaches or Lifeguarding, as well as First Aid, and CPR. The Northside Aquatics Center (210-397-7500) and Northside Natatorium (210-397-7525) offer the necessary certification courses several times during the year. Check the Northside Aquatics webpage for dates and times.

D. Starting Depths

Under USA Swimming Rules, there are restrictions on starting in relation to the depth of the water. Those restrictions are noted in the table below, which are drawn directly from the USA Swimming Rules. **In addition, for teaching racing starts in any setting (starting blocks or the deck) water depth shall be at least 6 feet.**

Water Depth versus Starting Positions	
Water Depth** At The Starting End**	Starting Position
48 inches or more	May start from blocks Not more than 30 inches above water or deck.
Less than 48 inches	Must start IN the water

* Water depth is measured at a distance of 3 feet 3 1/2 inches to 16 feet 5 inches from the starting wall.

**For relay events in some age groups, the turn end will also be the starting end for second and fourth swimmers and these same restrictions will apply in such cases.

E. Starting block security

- a. When one or more starting blocks is/are not securely anchored to the pool deck none of the starting blocks may be used.
- b. Securely anchored is defined as being attached or affixed in such a manner that no temporary, additional support, reinforcement, or stabilization is necessary during normal forward or backstroke starts.
- c. It is the Meet Referee's responsibility to determine the security of the starting block anchoring prior to the start of a meet. Her/his decision in the matter is final.

F. Lightning

- a. Each pool that hosts any NSSL Meet must have, in writing, a policy clearly stating its policies concerning the suspension and/or cancellation of competition in the event of inclement weather, specifically the presence of lightning in the immediate area.
 - i. This policy must be specific as regards when the pool must be cleared as well as when it is prudent to resume competition.

- b. The pool Safety Officer must be familiar with these policies and provide the Meet Referees with whatever support is necessary to ensure adherence.
- c. Meet Referees have the authority to forfeit meets at venues that do not have such policies available.
- d. **NISD Inclement Weather Policy**

"Even if the building is customarily grounded for electricity, lightning is often fast enough and powerful enough to spread and injure someone before the ground fault interrupters or other systems are triggered to protect the person touching any of these systems. Indoor swimming pools are just as dangerous as outdoor pools because lighting, heating, plumbing, and drains used in indoor pools ultimately connect to materials outside the building that can be used to transmit the lightning energy into the building or pool. If people cannot reach a safer location when thunderstorms are in their area, they should at least avoid the riskiest locations and activities, including elevated places, open areas, tall isolated objects, and being in, on, or at the edge of large bodies of water, including swimming pools, as all of these locations are not lightning safe!" (NFHS, 2018)

Indoor & outdoor pools at NISD Aquatics CANNOT be used during severe weather. Lifeguard staff working at our facilities must take the following precautions:

- Close the roof (GBAC) and all doors to the facility (GBAC and Northside Natatorium) around the pool.
- Staff and patrons may stay on deck indoors but should not go outside during severe weather. We cannot keep our guests from going to their vehicles.
- When on the pool deck, wear rubber-soled footwear.
- Staff must continue to watch the pool area(s) to ensure no one re-enters the water or deck area, from a safe location.
- Staff must monitor weather conditions closely using the WeatherBug Application.
 1. WEATHERBUG app via smartphones has a component called Spark which tracks lightning based on the location of the user. It makes it very useful for our aquatic staff because it goes by current location. When using the WeatherBug, it will indicate by turning red, when a 10-mile radius is considered unsafe. ALL WATER must be cleared immediately!
 2. Once a game or practice has been suspended the storm should continue to be monitored. No contest or practice should be resumed until the last strike is outside a 10-mile radius via the WEATHERBUG app.
- In the event of heavy rain or wind, clear the outside pools if the bottom of the pool cannot be clearly seen (indoors may stay open at this time).
- All pool closures must be documented in our Facility Manager Program.

VII. Fees

A. General

Checks must be made payable to NSSL and mailed or hand-delivered to NISD Adult Community Education department.

B. 2022 Individual Membership Fees

For the 2022 Season, the League membership fee per swimmer is \$20.00 until June 6th when it will increase to \$30.00 per swimmer. This fee includes the cost of insurance provided by the League (See Appendix G), all Division Championship individual and relay entry fees, awards and facility rental, as well as all administrative costs associated with league operation.

2021 Fee Schedule				
	Before June 6	Before June 6	After June 6	
Membership Fee	\$13.00 per 6 & under swimmer	\$20.00 per 7 & older swimmer	\$30.00 per swimmer	
Division Entries	Included	Included	Included	Due June 25, 2022

- a. A current, complete Team Manager Export of Athletes (including Contact & Group Information) must be on file and all fees must be paid in order for insurance to be in effect. Additional swimmers may be added after initial submission. All roster submissions must be by email.

VIII. Season and Uniforms

- A. The first practice (swimmers in the water) of the 2022 Season shall be held no sooner than May 1st
- B. Dual meets shall be held according to the schedule given at the scheduling meeting. Deviations must be by mutual consent of the participating teams.
- C. Dual Meet weeks shall run from Monday through the following Sunday and at times available to the host team.
 - a. Scheduling back-to-back meets is not recommended.
- D. Dual meet weeks for the 2021 season are:
 - May 28 - June 3**
 - June 4 - June 10**
 - June 11 - June 17**
 - June 18-24 makeup**
- E. **Division Championships will be June 29 and June 30**
- F. **Uniforms**
 - a. While competing, swimmers shall not be allowed to display the insignia, logos, and/or name of any club or organization, which they do not represent in NSSL Competition.
 - i. The U. S. Flag and manufacturers logos smaller than 2 ¼ square are permitted.
 - ii. Violations of this prohibition shall be required to remove the insignia or logo prior to competing.
 - b. Team suits and caps are recommended but not required.

IX. Entry Limitations, Seeding, and Meet Procedures

- A. **General**
 - a. A swimmer may compete in an event above his/her age group but never below.
 - b. A swimmer may not swim the same distance / stroke in more than one age group.
- B. **Dual Meet competition**
 - a. In Dual meets, an individual swimmer may swim no more than five events three of which must be relays.
 - b. **Seeding is fastest to slowest — Timed Finals format.**
 - c. For dual meets the visiting team shall compete in the even-numbered lanes and the home team in the odd-numbered lanes.
 - d. Hy-Tek's™ Meet Manager® Program should be used to seed and run the meet.
 - e. Dual Meet entries are due to the host team at least 48 hours prior to the meet.
 - f. Results from all dual meets should be sent to the league email address within 48 hours of completion
- C. **Division Championship Meets**
 - a. An individual swimmer may swim no more than five events, three of which must be relays. Swimmers must meet all eligibility requirements of the league and their team. There is no limit to how many swimmers may enter an individual event.
 - b. **Seeding is fastest to slowest — Timed Finals format.**
 - i. Seeding will be accomplished by Hy-Tek's™ Meet Manager® from entries submitted via Team Manager® (Hy-Tek) Commlink® File.
 - ii. All entries should include a seedtime.
 - c. Each team may enter a maximum of two (2) relay teams in each age group.
 - i. Relay cards shall be used and will be available from the Meet Director (or designee) at the beginning of the warm-up sessions.
 - ii. Cards for the Medley Relay must be turned into the Meet Director (or designee) **NOT LATER** than the end of the coaches' meeting. Those for the Free Relay must be turned in to the Meet Director (or designee) **BEFORE** the start of the individual freestyle event. Failure to meet these time constraints will be grounds for relay team disqualification.
 - 1. **At the time each relay card is turned in, it must list which swimmers will actually swim in the event and in what order**, after which no changes will be permitted, except in cases of illness or injury and the Meet Referee must be notified.
 - d. The Meet Director (or designee) will accept corrections, and only corrections, to meet entries from the Teams if received within 24 hours after the Psych Sheet is posted on the Northside Aquatics website.
 - i. After the 24-hour period has expired, no further modification to a Team's entries shall be permitted.
 - ii. Modifications to a Team's entries at the meet itself shall not be permitted except in cases of illness or injury to an entered swimmer, and then only to make the Scorer and Referee aware of the swimmer's absence. Substitutes will not be permitted.
 - e. Teams must use their true legal neighborhood/legal team name (Woodridge, The Dominion, etc.) and their assigned 4-letter code when entering the Division Championship Meets.

In the Team Manager® Setup>Preferences>System Preferences, the following items **MUST** be entered or left blank as noted:

- | | |
|------------------------|--|
| • Team abbreviation | Your Team's assigned 4-letter code (on Website). |
| • Team Name | Your Team's actual geographical/legal name. |
| • Team short name | Leave <u>Blank</u> . |
| • Type of Registration | OTH |
| • Type of Team | REC |
| • Country | Leave <u>Blank</u> . |
| • LSC | Leave <u>Blank</u> (You must leave this blank!) |
| • Age up date | June 1 st Current Year |

- f. An Exception Report will be run by Meet Manager before the meets begin and again after they have been concluded to determine if any individual swimmer exceeded the event limit.
- Swimmers with excessive entries detected prior to the start of the Meets will be removed from any events in excess of the number allowed.
 - Swimmers who are found to have participated in more than four events after the Meet has concluded will be disqualified from whichever event(s) caused them to exceed the limit and the meet re-scored.

X. Scoring and Awards

A. General

- At dual meets each team shall provide at least one scorer and one assistant.
- Final scores should be announced and available within 30 minutes of the conclusion of the dual meet. If using Meet Manager – the host team will give the visiting team a SwmmBkup File of the meet via email at the conclusion of the Meet. An award count report should be run so that the host team can give the visiting team the correct number of awards. For meets being run by cards or if all teams involved agree – awards may be prepared during the meet.
- Age Groups
 - The recognized NSSL traditional Age Groups are:
 - 6 & under
 - 8 & under
 - 10 & under
 - 12 & under
 - 14 & under
 - 18 & under
 - ALL NSSL dual meets will swim in traditional age groups indicated above.
 - All dual meets will be scored and awarded based on traditional age groups.
 - The Division Championship meet will be scored and awarded as Single Age Groups i.e. 6 & under, 7, 8, 9, 10, 11, 12, 13, 14, 15-18.

B. Computer Management

League Member Teams are strongly encouraged to avail themselves of the many advantages of Team and Meet Management Software.

- Teams are required to utilize Hy-Tek's™ Team Manager® for entry into the Division Championship Meets. (or like program that provides the same export of entries)
 - The "Lite" Version of the program is available at no cost from Hy-Tek via the Internet at: www.hy-tek ltd.com. The Lite Version is only capable of managing teams with less than 100 athletes.
 - The full version has many additional features and is capable of managing virtually an unlimited number of athletes.
 - Team Manager® also makes it simple and relatively easy to provide the Commissioner with Team Rosters whenever needed.

- iv. Using meet management software to run dual meets increases the flexibility and efficiency of the meet. In addition heat sheets, timing sheets, award labels, and final results are easily produced. All teams are encouraged to purchase Team Manager®.
- v. Teams that utilize Meet Management Software should ensure they are using a current licensed version of Hy-Tek's Meet Manager® including all appropriate updates.

C. Scoring

a. Dual Meet Competition

i. Scoring

In all dual meets a maximum of three (3) individuals and two (2) relays may score in each event.

b. Points shall be awarded as follows and as applicable to scoring method above:

Table Three						
Place □	1	2	3	4	5	6
Individual	7	5	4	3	2	1
Relay	14	10	8	6	0	0

c. Awards

- i. **Dual Meets** – All events will be awarded ribbons for first through sixth place finishes for each traditional age group i.e., 6 & under, 8 & under, 10 & under, 12 & under, 14 & under, and 18 & under.
- ii. **Divisional Meets** -- Individual events will be awarded medals first through third and ribbons fourth through eighth place finishes for each single year age group i.e., 6 & under, 7, 8, 9, 10, 11, 12, 13, 14, 15-18 while relay events will be awarded ribbons first through eighth place finishes for each traditional age group i.e., 6 & under, 8 & under, 10 & under, 12 & under, 14 & under, and 18 & under.
- d. All score sheets shall be completed in triplicate and signed at the bottom of the last page by the Meet Referee and both coaches at the conclusion of the meet. (Meet Manager Program - Results report for each team)
 - i. Each coach shall be provided with a copy of the completed and signed score sheets or meet results and the **Meet Director shall e-mail the SwmmBkup File from the dual meets to the Commissioner along with an outline of any problems** within 48 hours of the conclusion of the meet.
- e. **Ties** — When two or more swimmers or relay teams tie, the points from all of the places involved shall be totaled and divided equally among the tied participants, i.e. If two swimmers tie for first place both receive a first place ribbon, and the first and second place points are added together and equally divided. The next place awarded is third place.
- f. Once the meet referee has signed the meet results, they are considered official and final. No changes shall be allowed.

D. Division Championship Meets

- a. All scoring elements of the Division Championships will be accomplished by Meet Manager and only authorized personnel are permitted in the timing / computer operations room.
- b. The meets will be scored based on single age groups to 8 places and points awarded according to the following:

Scoring								
Place □	1	2	3	4	5	6	7	8
Individual	9	7	6	5	4	3	2	1
Relay	18	14	12	10	8	6	4	2

XI. Officials - Certification and Duties

A. Certification

All NSSL Deck Officials must be currently certified by the League (NSSL), USA Swimming (USA-S), the National Federation of High School Officials (NFHS), or the Collegiate Swim Officials Association (CSOA).

- a. In order to be certified by the League, officials must complete the USA Swimming online exam for stroke and turn, starter, or referee with a passing score, or attend an annual NSSL Rules Clinic.
 - i. A coach may not be an official in any NSSL meet in which their team is competing.

b. Championship Meets

Each Division I and II Member Team should provide the following volunteers:

- Two (2) ready bench workers one for the boys end and one for the girls end.
 - Two (2) certified Deck Officials
 - Four (4) Timers
- i. These obligations may be shared by individuals that do not have an affiliation with your team.
 - ii. Proper uniform for deck officials is required. (Section XI. C.)

B. Number of required officials

- a. The minimum number of officials required to adequately officiate dual meets is **three**, each with multiple areas of responsibility. These are one Starter/Referee, and two Stroke and Turn Judges/Relay Judges, one on each side of the pool.
- b. In cases where insufficient personnel are available to meet this requirement, the Meet Referee is authorized to make whatever arrangements are possible and/or practical under the circumstances in order to conduct the meet. In this situation the Meet Referee must supervise and approve any decisions made by non-certified officials.
- c. Dual confirmation of false starts and early relay take-offs may be waived by mutual consent.
- d. The optimum number of officials is six, which would include one Meet Referee and one Starter as well as four Judges (two stroke and two turn judges).
- e. The home team should provide the Meet Referee / Starter and at least one Stroke and Turn Judge. The visiting team should provide at least one Stroke and Turn Judge.

C. Uniforms

The proper and recommended uniform for deck officials is a white shirt or blouse over khaki trousers, shorts, or skirt.

D. Meet officials - their duties and responsibilities

a. The Meet Referee:

- i. Shall have full authority over all officials and shall assign and instruct them; shall enforce all applicable rules and shall decide all questions relating to the actual conduct of the meet, the final settlement of which is not otherwise assigned by said rules; can overrule any meet official on a point of rule interpretation, or on a judgment decision pertaining to an action which the Referee has personally observed.
- ii. The Referee has the authority to disqualify a swimmer(s) for any violation of the rules that the Referee personally observes and, except for false starts, shall at the same time raise one hand overhead. If the Referee does not make such a signal there shall be no penalty.
- iii. Shall signal the Starter that all officials are in position, that the course is clear, and that the competition can begin before each race; shall assign marshals with specific instructions.
- iv. Shall give a decision on any point where the opinions of the judges differ; shall have authority to intercede in a competition at any stage, to ensure that the racing conditions are observed
- v. When automatic or semi-automatic officiating equipment is used and an apparent malfunction occurs it shall be his/her responsibility to make an immediate investigation to determine whether the swimmer finished in accordance with the rules and/or if there was an actual equipment malfunction.
- vi. May prohibit the use of any device that disrupts or interferes with the meet, such as a laser pointing device or artificial noisemaker.
- vii. May modify any rule for a competitive swimmer who has a disability. Any such modification shall be in accordance with Article 105 of the USA Swimming Rules and Regulations, shall affect only the current meet, and does not set a precedent.
- viii. Protests against the conduct of competition can only be considered by the Referee and the Referee's decision shall be final. Protests against a judgment call of any official is not permitted.

b. The Starter:

- i. **Preparation** — The Starter shall stand within ten feet of the starting end of the pool and upon signal from the Referee, shall assume control of the swimmers until a fair start has been achieved
- ii. **Optional Instructions** — The Starter may:
 1. Announce the event.
 2. Advise the heat when a swimmer will be attempting to achieve a time at an initial distance.

3. For backstroke starts, give the command, "Place your feet."

c. **Judges**

The duties of technical judges may be broken down into the four areas of stroke, turn, finish and relay takeoffs. The Referee may combine these responsibilities.

- i. **Stroke**—Shall operate along both sides of the pool, preferably walking abreast of the swimmers during all strokes except freestyle, during which events they may leave poolside, at the Referee's discretion; shall ensure that the rules relating to the style of swimming designated for the event are being observed; and shall report violations to the Referee on signed slips detailing the event, the heat number, the lane number and the infraction.
- ii. **Turn**—shall operate on both ends of the pool; shall ensure that when turning or finishing the swimmer complies with the turning and finishing rules applicable to the stroke used; and shall report violations to the Referee on signed slips detailing the event, the heat number, the lane number and the infraction.
- iii. **Relay take-off**— Relay take-off judges shall be assigned by the Referee and shall stand so that they can clearly see both the touch of the incoming swimmer(s) and the feet of the departing swimmer(s) as they leave the starting platform, and shall judge whether the swimmer is in contact with the platform when the incoming swimmer touches the end of the pool.

XII. Timing and Timers

A. Timers — General

- a. Lane timers have neither the responsibility nor the authority to direct swimmers to or away from any lane. While they may assist in ensuring the correct swimmers compete in the correct heat and/or lane, it is ultimately the responsibility of the swimmer to be at the right place at the right time.
 - i. Exceptions may be made in the case of very young and/or inexperienced swimmers, and coaches may assist at the discretion of the Meet or Deck Referee.
- b. When instances of confusion arise in such matters, the Meet Referee must stop the meet and rectify the situation before the race is allowed to proceed.
- c. Lane timers shall promptly inform the Meet Referee when such intercessions are required.
 - i. In cases of an unavoidable or an immediately undetected error, the Meet Referee has the authority to place a denied swimmer in another race/heat or order the race re-swum, at his / her discretion.

B. Official Time

- a. The official time shall be recorded to one one-hundredth ($1/100 = 0.01$) of a second.

C. Manual Timing — Dual Meets

- a. At least two (2) timers are required for each lane. Each team is responsible for providing $\frac{1}{2}$ of the timers needed at each dual meet.
- b. When timing a race, each timer shall start the watch instantly at the flash/sound of the starting device and stop the watch at the instant the swimmer touches the finish end of her/his lane.
 - i. Lane timers shall position themselves in such a manner as to have an unobstructed, close-up view of the incoming swimmers in their lane as they touch the wall.
- c. The official time, when one watch per lane is used, that is the official time. When two watches per lane are used, the official time is the average of the two times. When three watches per lane are used, the official time is the middle time.

D. Automatic Timing

- a. At the Division Championship, automatic electronic timing will be in use, but there will still be a requirement for two timers per lane to serve as backup in case the automatic system fails.

XIII. Technical Rules

A. General

- a. The NSSL is conducted under USA Swimming (USA-S) Rules.

B. Individual Strokes and Relays

a. Breaststroke

- i. **Start** — The forward start shall be used
- ii. **Stroke** — After the start and after each turn when the swimmer leaves the wall, the body shall be kept on the breast. It is not permitted to roll onto the back at any time except at the turn after the touch of the wall where it is permissible to turn in any manner as long as the body is on the breast when leaving the wall.. Throughout the race the stroke cycle must be one arm stroke and one leg kick in that order.

All movements of the arms shall be simultaneous and in the same horizontal plane without alternating movement.

The hands shall be pushed forward together from the breast on, under, or over the water. The elbows shall be under water except for the final stroke before the turn, during the turn and for the final stroke at the finish. The hands shall be brought back on or under the surface of the water. The hands shall not be brought back beyond the hip line, except during the first stroke after the start and each turn.

During each complete cycle, some part of the swimmer's head shall break the surface of the water. After the start and after each turn, the swimmer may take one arm stroke completely back to the legs. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke.

- iii. **Kick** — After the start and each turn, a single butterfly kick, which must be followed by a breaststroke kick, is permitted during or at the completion of the first arm pull. Following which, all movements of the legs shall be simultaneous and in the same horizontal plane without alternating movement.

The feet must be turned outwards during the propulsive part of the kick. Scissors, alternating movements or downward butterfly kick is not permitted except as provided herein. Breaking the surface of the water with the feet is allowed unless followed by a downward butterfly kick.

- iv. **Turns and Finish**— At each turn and at the finish of the race, the touch shall be made with both hands separated and simultaneously at, above, or below the water level. At the last stroke before the turn and at the finish an arm stroke not followed by a leg kick is permitted. The head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during the last complete or incomplete cycle preceding the touch.

b. Butterfly

- i. **Start** — The forward start shall be used.
- ii. **Stroke** —After the start and after each turn, the swimmer's shoulders must be at or past the vertical toward the breast. The swimmer is permitted one or more leg kicks, but only one arm pull under water, which must bring the swimmer to the surface. It shall be permissible for a swimmer to be completely submerged for a distance of not more than 15 meters (16.4 yards) after the start and after each turn. By that point, the head must have broken the surface. The swimmer must remain on the surface until the next turn or finish. From the beginning of the first arm pull, the body shall be kept on the breast except at the turn after the touch of the wall where it is permissible to turn in any manner as long as the body is on the breast when leaving the wall. Both arms must be brought forward over the water and pulled back simultaneously under water throughout the race.
- iii. **Kick** — All up and down movements of the legs and feet must be simultaneous. The position of the legs or the feet need not be on the same level, but they shall not alternate in relation to each other. A scissors or breaststroke kicking movement is not permitted.
- iv. **Turns** — At each turn the body shall be on the breast. The touch shall be made with both hands separated and simultaneously at, above, or below the water surface. Once a touch has been made, the swimmer may turn in any manner desired. The shoulders must be at or past the vertical toward the breast when the swimmer leaves the wall.
- v. **Finish** — At the finish, the body shall be on the breast and the touch shall be made with both hands separated and simultaneously at, above, or below the water surface.

c. **Backstroke**

- i. **Start** — The swimmers shall line up in the water facing the starting end, with both hands placed on the gutter or on the starting grips. Standing in or on the gutter, placing the toes above the lip of the gutter, or bending the toes over the lip of the gutter, before or after the start, is prohibited.
- ii. **Stroke** — The swimmer shall push off on his back and continue swimming on the back throughout the race. Some part of the swimmer must break the surface of the water throughout the race, except it is permissible for the swimmer to be completely submerged during the turn, at the finish and for a distance of not more than 15 meters (16.4 yards) after the start and after each turn. By that point, the head must have broken the surface of the water.
- iii. **Turns** — Upon completion of each length, some part of the swimmer must touch the wall. During the turn the shoulders may be turned past the vertical toward the breast after which a continuous single arm pull or a continuous simultaneous double arm pull may be used to initiate the turn. The swimmer must have returned to a position on the back upon leaving the wall.
- iv. **Finish** — Upon the finish of the race, the swimmer must touch the wall while on the back.

d. **Freestyle**

- i. **Start** — The forward start shall be used.
- ii. **Stroke** — In an event designated freestyle, the swimmer may swim any style, except that in a medley relay or an individual medley event, freestyle means any style other than butterfly, breaststroke or backstroke. Some part of the swimmer must break the surface of the water throughout the race, except it shall be permissible for the swimmer to be completely submerged during the turn and for a distance of not more than 15 meters (16.4 yards) after the start and each turn. By that point the head must have broken the surface.
- iii. **Turns** — Upon completion of each length the swimmer must touch the wall.
- iv. **Finish** — The swimmer shall have finished the race when any part of her / his person touches the wall after completion of the prescribed distance.

e. **Individual Medley**

The swimmer shall swim the prescribed distance in the following order: the first one-fourth, butterfly; the second one-fourth, backstroke; the third one-fourth, breaststroke; and the last one-fourth, freestyle.

- i. **Start** — The forward start shall be used.
- ii. **Stroke** — The stroke for each one-fourth of the designated distance shall follow the prescribed rules for that stroke.
- iii. **Turns**
 1. Intermediate turns within each stroke shall conform to the turn rules for that stroke.
 2. The turns when changing from one stroke to another (transitions) shall conform to the finish rules for the stroke just completed and shall be as follows:
 - a. **Butterfly to backstroke** — The swimmer must touch as described in XIII.B.2.e. Once a legal touch has been made, the swimmer may turn in any manner, but the shoulders must be at or past the vertical toward the back when the swimmer leaves the wall.
 - b. **Backstroke to breaststroke** — The swimmer must touch the wall while on the back. Once a legal touch has been made, the swimmer may turn in any manner but the shoulders must be at or past the vertical toward the breast when the swimmer leaves the wall and the prescribed breaststroke form must be attained prior to the first arm stroke.
 - c. **Breaststroke to freestyle** — The swimmer must touch as described in XIII.B.1.d. Once a legal touch has been made, the swimmer may turn in any manner.
- iv. **Finish** — The swimmer shall have finished the race when any part of her / his person touches the wall after completing the prescribed distance.

f. **Relays**

- i. **Freestyle relay** — Four swimmers on each team, each to swim one-fourth of the prescribed distance using any desired stroke(s). Freestyle finish rules apply.
- ii. **Medley relay** — Four swimmers on each team, each to swim one-fourth of the prescribed distance in the following order: first, backstroke; second, breaststroke; third, butterfly; and fourth, freestyle. The rules pertaining to each stroke shall govern where applicable. At the end of each leg, the finish rule for each of the strokes applies in each case.
- iii. **6 & Under relay** — Four swimmers ages 6 years and younger made up of any combination of male and female.

- iv. **Stair-step relay** — Four swimmers:
 - one 8 & Under
 - one 10 & Under
 - one 12 & Under
 - one 13 & Older.

g. Rules pertaining to Relay Races

- i. No swimmer shall swim more than one leg in any relay event.
- ii. In relay races a swimmer other than the first swimmer shall not start until her / his teammate has concluded her / his leg.
- iii. Any relay team member, and her / his relay team, shall be disqualified from a race if a team member other than the swimmer designated to swim that leg enters the pool in the area where the race is being conducted before all of the swimmers from all of the teams have finished the race. Exception: When an in-the-water start is required or such start is approved by the Referee.
- iv. Each relay team member shall leave the water immediately upon finishing her / his leg, except the last member.
- v. In relay races, the team of a swimmer whose feet have lost touch with the starting platform (ground or deck) before her / his preceding teammate touches the wall shall be disqualified.
- vi. In relay races involving in-the-water starts, the team of a swimmer who has lost touch with the end of the course before his / her preceding teammate touches the wall shall be disqualified, unless the swimmer in default returns to the original starting point at the wall.

h. Rules pertaining to FINISHES at the Division Championship Meet

- i. Automatic starting and timing equipment will be in use. The touchpad time will be the official time.
- ii. It is the swimmer's responsibility to ensure that she / he activates the touchpad in such a manner as to ensure an accurate electronic recording of the time.
- iii. Swimmers who miss the touchpad, or for other reasons fail to activate it, will have their times adjusted if valid backup times are available at the discretion of the Meet / Deck Referee.

XIV. Disqualifications and Protests

- A. Only the official within whose jurisdiction a violation has been observed can disqualify a swimmer. Jurisdictions may overlap and the Meet Referee may disqualify a swimmer anywhere within the pool area for any violation she / he personally observes.
- B. No disqualification can be imposed if an official fails to raise her / his hand when a violation is observed, except in the case of relay take-offs, which require dual confirmation.
- C. In addition to any prohibitions previously noted, individual swimmers and relay teams are also subject to disqualification for any one of the following:
 - Entering the water without permission of the referee
 - Failing to finish a race
 - Swimming in the wrong event, heat, or lane
 - Obstructing, attempting to foul, or interfering with another swimmer
 - Use of excessive body oil as determined by the Meet Referee
 - Walking on or springing from the pool bottom while a competitor in a race
 - Using a lane line to assist forward progress
 - Use of illegal equipment, e.g. backstroke starting blocks
 - Failing to exit the water promptly at the completion of a race or relay *leg*
 - Re-entering the water after the completion of a race
 - Unsportsmanlike conduct
- D. Depending on the nature of the violation, a disqualification may be from the just concluded event, the next event for which the swimmer is scheduled or, in rare cases; from the entire meet.
- E. All disqualifications must be documented, e.g. a notation on the Lane Card, a "DQ" Slip, etc.
 - a. At the Division Championship Meet, "DQ Slips" will be used.
- F. **Protests**
 - a. Protests against judgment decisions of Meet Referee, Starters, Stroke, Turn, Finish, and Relay Take-off Judges are not permitted.
 - b. Protests contesting eligibility, representation, or lifetime best times can only be made to the Commissioner. If the matter is unresolved by the start of a meet, the Meet Referee has the authority to conduct the meet under protest.

- c. All other protests regarding the competition itself shall be made to the Meet Referee in writing within 15 minutes of the end of the race in which the alleged infraction occurred and should be forwarded along with the copies of the score sheets/ or final results to the Commissioner. Protests regarding a judgment call by the Referee, Starter or Judges will not be accepted at any time.

XV. Conduct

- A. Teams that choose to withdraw from a scheduled dual meet without consent from the other team are subject to a fine of \$100.00 payable to the Commissioner within five (5) days. If the time constraint is not met, the team shall be immediately banned from NSSL participation until the fine is paid in full.
 - a. Fifty percent of such fines will be paid to the offended team.
- B. At any NSSL Meet, once the competition has begun only competitors, coaches, timers and other officials are permitted in the starting area.
- C. No Team personnel (swimmer, coach, parent, and / or spectator) shall act in an unsportsmanlike manner. This includes any act the Meet Referee deems to be unsportsmanlike. Violators may be disqualified from further competition and / or ejected from the facility.
- D. Activities which may result in severe penalties (such as expulsion from a meet and / or a facility) include, but are not limited to the following:
 - Unsportsmanlike conduct
 - Use of controlled substances
 - Disorderly conduct
 - The use of foul or obscene language
 - Verbal or physical abuse of athletes, coaches or deck officials
 - Interfering with the competition
 - Failure to comply with the directions of the Safety Marshall
 - Damage caused to a facility

Appendix A

Contact the NISD Liaisons:

Brandon “BJ” Allenstein
Phone: 210-397-7516 (office)

Kari Brothers
Phone: 210-397-7520

NISD Natatorium and Swim Center
8400 N. Loop 1604 W.
San Antonio, TX 78249

E-mail: nisdsummerswimleague@gmail.com

Order of Events and Age Groups

The Order of Events and Age Groups for all of the NSSL Meets is noted in Table Six that follows.

Table Six – All distances are in yards									
Dual Meets and Division Championships					Dual Meets and Division Championships				
Girls #	Age Group	Distance	Stroke	Boys #	Girls #	Age Group	Distance	Stroke	Boys #
1	6 & under	100	Mixed Freestyle relay		Five minute break at Divisionals				
3	8 & Under	100	Medley Relay	4	65	8 & Under	100	Freestyle Relay	66
5	10 & Under	100	Medley Relay	6	67	10 & Under	100	Freestyle Relay	68
7	12 & Under	100	Medley Relay	8	69	12 & Under	100	Freestyle Relay	70
9	14 & Under	100	Medley Relay	10	71	14 & Under	100	Freestyle Relay	72
11	18 & Under	200	Medley Relay	12	73	18 & Under	200	Freestyle Relay	74
Five minute break at Divisionals									
13	6 & Under	25	Freestyle	14					
15	8 & Under	25	Butterfly	16					
17	10 & Under	25	Butterfly	18					
19	12 & Under	25	Butterfly	20					
21	14 & Under	50	Butterfly	22					
23	18 & Under	50	Butterfly	24					
25	6 & Under	25	Backstroke	26					
27	8 & Under	25	Backstroke	28					
29	10 & Under	25	Backstroke	30					
31	12 & Under	25	Backstroke	32					
33	14 & Under	50	Backstroke	34					
35	18 & Under	50	Backstroke	36					
37		100	Stairstep Relay	38					
39	12 & Under	100	Individual Medley	40					
41	14 & Under	100	Individual Medley	42					
43	18 & Under	100	Individual Medley	44					
45	8 & Under	25	Breaststroke	46					
47	10 & Under	25	Breaststroke	48					
49	12 & Under	25	Breaststroke	50					
51	14 & Under	50	Breaststroke	52					
53	18 & Under	50	Breaststroke	54					
55	8 & Under	25	Freestyle	56					
57	10 & Under	25	Freestyle	58					
59	12 & Under	25	Freestyle	60					
61	14 & Under	50	Freestyle	62					
63	18 & Under	50	Freestyle	64					

- 6 & Under relay can be made up of any combination of or exclusively male or female – scored and awarded
- Stairstep relay must be one 8 & under, one 10 & under, one 12 & under and one 13 & older swimmer – scored and awarded

Appendix C

The USA Swimming Whistle Start Procedure

The Referee and Starter shall be on the same side of the pool.

Multiple short whistles

At the start of each heat, the Referee shall signal to the next swimmers by a series (more than three – less than eight) short whistle blasts, that they should immediately prepare to mount the blocks or enter the water (backstroke) in preparation for the start.

First long whistle

For forward starts, the short blasts are followed by one long whistle blast that signals the swimmers to promptly mount the blocks (edge of the deck or enter the water) and prepare to assume a starting position.

Second long whistle (backstroke only)

For backstroke events, swimmers shall enter the water feet first on the first long whistle. A second long blast will signal the swimmers to prepare to assume a starting position.

Referee Signals

When the Referee is satisfied that all is in readiness for a start, she / he shall signal with an outstretched arm to inform the Starter that the swimmers are now under the Starter’s control.

Starter “Take Your Mark”

On the Starter’s command “take your mark,” swimmers shall promptly assume a starting position. For forward starts, swimmers shall have at least one foot at the front of the block (edge of the deck). For backstroke starts, swimmers must be facing the blocks and grasping the handrail or deck with toes completely beneath the surface of the water.

Starting Signal

When all of the swimmers are stationary, the Starter shall sound the starting signal.

Delay of Meet

Swimmers who are not on the block (deck / water) in preparation for the start at the time the Starter issues the command “Take your mark” have missed their race and shall be disqualified.

Appendix D

2021 Division Alignments

Team #	Division I	Lanes	Length	Team #	Division II	Lanes	Length
1	Villages of Westcreek	6	25y	1	Braun Oaks	6	25y
2	Hunters Chase II	6	25m	2	Trophy Ridge	6	25y
3	Northwest Crossing	6	25y	3	Misty Oaks	6	25y
4	The Great Northwest	6	25m	4	Woodridge	6	25m
5	Braun Station	6	25y	5	Colonies House	4	25y
				6	Dominion	6	25y

Appendix E

Dual Meet Awards, etc.

Dual Meets

For each team's home meets the League will provide first through sixth place ribbons for Individual events and first through fourth for relays events. Please return all unused ribbons to the Commissioner.

How to order Ribbons

E-mail nisdsummerswimleague@gmail.com: providing the following Information:

1. Team name
2. Your name and a phone number

You will be notified when and where to pick up your order.

All-Northside

A virtual All-Northside Team will be selected by the NSSL Aquatics Coordinators, based on the Divisional Championship Meets. The All-Northside Team will be posted on the AASSL website.

Appendix F

Northside Summer Swim League

INSURANCE

Secondary accident insurance is required and included in the membership fee in an effort to provide reasonable protection to NSSL, swimmers, coaches, officials and member teams.

Terms of Coverage:

Coverage is in effect from the first official day of practice, provided a current roster is on file with the Commissioner and the proper fees have been paid. Coverage applies to all NSSL coach supervised practices and meets.

Benefits:

The actual limits of liability and deductibles will be available at the time of purchase.

Limitations:

This insurance is secondary to other insurance that individuals or facilities may already have in place. It is not, nor is it intended to be a primary insurance policy. It covers medical expenses and liability, up to the limits of the policy that are not covered or partially covered by an individual's or facility's primary policy.

Appendix G

Sample Summer League Swim Committee

PRESIDENT

- Attend League meetings
- Work with Head Coach
- Coordinate Committee Chairs and Coordinators

VICE-PRESIDENT

- Work with President
- Coordinate with Committee Chairs and Coordinators
- Fill positions for next year by end-of-season banquet / party
- Bring banners to meet
- Arrange suit and goggles sales at first practices
- New parent orientation

RECORDS

- Records times and posts/distributes

CONCESSIONS

- Operates concession stand

RIBBONS

- Records ribbons and distributes after meets

SPIRIT

- Select team suit
- "Swimmer of the Week" caps
- Donuts/orange juice breakfast
- Post-meet pizza deals
- Spirit buttons

LANE CARDS

- Fill out cards

SWIM TEAM—BOARD LIASON

- Attends homeowners/club Board meetings
- Preferably a member of above Board

MEET DIRECTOR

- Obtains meet officials
- Gets volunteer officials to certification clinic
- Obtains heat ribbons
- Responsible for stopwatches
- Recruits meet volunteers

--Runners

--Ready Bench

--Timers

SCORERS

- Recruits scorers
- Scores the meet

REGISTRATION

- Collect money
- Compile roster
- Prepares forms

COORDINATORS

- T-shirts (swimmers, parents, alumni)
- End-of-season party/banquet
- Party/banquet food
- Party/banquet awards

Appendix H

A. **2023 Season New Member**

For participation in the **2023** summer season the new member fee will be \$50 and should be submitted by February 1, 2023. New teams wishing to join the league must apply to the league email address.

Appendix I

NISD Recommendations with Regard to COVID-19

- A. Signature of all members to a waiver acknowledging
- a. **USA Swimming's COVID-19 acknowledgement:**
An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND [THE LSC] AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH.
- B. Before entering any facility, everyone should complete a Health Screening Questionnaire or daily acknowledgement of COVID-19 symptoms.
- a. Temperature checks or self screening for temperature at home prior to leaving
- C. Masks should be worn at all times within the facilities
- D. Practice Guidelines:
- a. Only athletes and coaches allowed around pool
 - i. Have a designated area for parents (either in or outside facility)
 - b. Set number of swimmers per lane / per end of the pool
 - i. As of May 1, NISD Aquatics is running at 2 per lane / per end
 - ii. The use of the middle of the pool as a stopping point is an option to increase the number per lane
 - iii. Allow same house athletes to use the same lane / end
 - c. Athlete Masks
 - i. Athlete should wear their mask to the side of the pool
 - ii. Each athlete would place their mask in a container to keep the mask dry during practice
 - iii. After practice athlete should remask as soon as they exit the pool
 - d. Athlete Tracking
 - i. Attendance should be taken at each practice
 - ii. Assigning lanes for each athlete to allow for contract tracing

- E. Swim Meet guidelines:
- a. Set a facility spectator capacity (as of May 1, NISD Aquatics is operating at 30% of maximum capacity)
 - i. Have a plan to control numbers (check-in system)
 - ii. Account for Athletes, Coaches, Officials, Timers, Meet Operations people, then set spectator number
 - b. Designated path / flow for each group
 - i. Athletes
 1. Facility needs to have a plan for how the athletes are moving to and from the blocks
 2. Facility needs to have a plan for how the athletes will get their mask after swimming 25s?
 3. Facility needs to have a plan for what the athletes will do with their masks while they are competing.
 4. Facility needs to have a plan for the ready bench(s) and how is that managed? (consider social distancing)
 - ii. Parents / Spectators
 1. Spectator area separate from the athlete area
 2. Designate the athlete area and spectator area
 - iii. Officials / Meet Operations
 1. Consider giving additional space for the meet operations area
 2. Allow a larger path for officials to walk the pool deck
 - c. Size of the meet
 - i. Size of the meet will be determined by the size / capacity of the facility
 - ii. As of May 1 - NISD Aquatics meets will be capped at 200 athletes outside and 100 athletes inside
 - iii. Create sessions within your meet to keep as one meet
 1. Options for division of meet (try and keep sessions about the same size)
 - a. Gender
 - b. Age Groups
 2. Different sessions on different weekends (Girls week 1, Boys week 2)
 3. Multi sessions will allow for the athletes to exit water and clear area before starting next heat, while still maintaining a shorter meet
 - d. Format of the meet
 - i. Traditional Dual meets
 1. Divide into smaller sessions depending on the size / capacity of the facility
 - ii. Virtual meets
 1. Run the meet with your kids at your pool and have another team run the meet at their pool then combine the result
 - iii. Relays or No Relays
 1. Relays can be removed or kept in depending on the size / capacity of facility
 2. This is a home site decision with conversation with the visiting team