



JUDGES HANDOUT

LAST REVISED APRIL 23, 2025

E. MEET PROCEDURES

1) **General Meet Procedures.**

a) **Meet Timing.**

- i) Meet starting times are determined by the Division Vice President for each division and will be reflected in the division meet schedule. Teams are permitted to adjust starting times for a meet by the mutual agreement of the League Representatives for the participating teams. Meet dates cannot be adjusted without the prior written approval of the Division Vice President for the applicable division.
- ii) Warm-ups shall start one (1) hour before the start of a meet. The home team will warm-up the first twenty-five (25) minutes. The visiting team will warm-up the second twenty-five (25) minutes.
- iii) A home team will forfeit a meet if it is not ready to begin the meet at the scheduled starting time. A visiting team will forfeit a meet if it has not arrived before the scheduled starting time of a meet. In a forfeit situation, the forfeiture may be waived and the meet swum if both League Representatives give mutual consent.
- iv) If a meet is delayed by more than two (2) cumulative hours for any reason, it shall be considered "called". A meet is considered complete if four (4) out of the five (5) individual events (being freestyle, backstroke, individual medley (IM), breaststroke, butterfly) have been completed. If a meet is called after it meets the completion requirements the team with the highest point total will be declared the winner. If a meet is called prior meeting the completion requirements, it may be rescheduled and resumed at the point where the meet was called if both League Representatives mutually agree. Only (A) Lifeguards or (B) the mutual agreement of the applicable League Representatives may delay, pause or call a meet in case of bad weather. Lifeguards shall follow the weather rules in effect for the applicable pool. If no such weather rules exist, the Lifeguard shall follow the Katy ISD Parent Swim Lesson Handbook and related Katy ISD Lightening Policy. If a meet is delayed or paused due to bad weather, all persons are required to clear the pool deck. Only the Lifeguards have the authority to resume or start a meet that has been delayed or paused for bad weather; no member of any team, including the meet referee, has the authority to overrule the determination of the Lifeguard.
- v) If a meet is postponed due to weather, every effort must be made between the teams to reschedule the meet in a non-Katy ISD pool. If the meet is unable to be rescheduled in a non-Katy ISD pool or if a meet scheduled in a Katy ISD pool must be rescheduled, the teams must coordinate a reschedule with the applicable Division Vice President. The Division Vice President will work with Katy ISD to reschedule the meet. The ability to reschedule meets in the season is limited and meets may not be able to be rescheduled.

Meet Technology

- vi) Each team is required to provide two certified console operators to operate the meet timing and scoring systems. In general, the Visiting team will be responsible for setting up and running the Time Drops system, the Home team will be responsible for setting up SwimTopia, and both teams will jointly run SwimTopia.
- vii) Both Teams will provide printers on deck to assist in the workflow during the meet.
- viii) The Home team shall provide internet access for the console operators for both teams to operate the meet timing and scoring systems. This internet access can either be a wired or wireless connection, including a personal hotspot that has sufficient connectivity for the systems to operate.

b) **Meet Specific Rules/Restrictions.**

- i) Starting blocks are allowed to be used for any backstroke starts at MOC and ASM only, and only if the Meet Director for such meet agrees that they can be used in a safe manner during the meet.
- ii) Diving starts are not allowed at meets held in pools with depth of less than 3'6" at both ends. Teams shall minimize diving in pools with depths less than 4ft. Meet directors shall set up the meet to dive in the deepest part of the pool available. Should an athlete desire to do an in water start allowances shall be made. Additionally, all coaches shall require training on how to teach appropriate race diving.
- iii) Flyover starts are not allowed in any League meet. Flyover starts are described as a swimmer starting a race with the swimmer from the previous race remaining in the lane. Swimmers must exit the lane prior to the beginning of the next heat or event.
- iv) Assisted swimmers will only be allowed to swim in pre-meet events. No assisted swimmers will be allowed to swim in relays or scoring heats of the meet. An assisted swimmer is a swimmer who must have a person in the

pool with him/her to swim across the pool. The term “assisted swimmer” does not refer to a special-needs swimmer.

- v) Special needs swimmers requiring assistance to swim are permitted to swim in meet events as long as there is no safety issue and the swimmer can supply their own equipment and/or facilitator as necessary to swim. The decision for each swimmer will be made on a case-by-case basis by the League Representatives of the teams participating in such meet.
 - vi) Visiting teams swim in odd lanes and home teams swim in even lanes. Lane assignments may be adjusted if a team does not use all of its allocated lanes.
 - vii) Home team shall supply water to the volunteers.
 - viii) No noisemakers are allowed during heat starts. Consideration should always be made to keep the noise level down to allow the timers, officials, etc. to efficiently run the meet.
 - ix) Upon the mutual agreement of the League Representatives for the applicable teams, a swimmer or spectator can be removed from a meet for violating the Personal Conduct Policy set forth herein. This ability is in addition to, and not in place of, the ability of the Meet Director to remove a swimmer or spectator as set forth herein.
 - x) The Home team shall make available kickboards or another tool of similar density and thickness for swimmers, at a minimum, in the 6&U and 7-8 age groups competing in the backstroke as a backstop to reduce the risk of head strikes at the finish.
- c) **Lifeguards.** State Regulations require that a private to semi-public pool must have two (2) Lifeguards on duty, one (1) to sit in Lifeguard stand and one (1) on call (for CPR purposes). This rule applies to all League swim meets. A certified coach may serve as the on-call Lifeguard. It is the Home team’s responsibility to provide the Lifeguards required for a meet. The designated Lifeguard shall be on duty (separate and apart from coaching responsibilities) while any swimmer from any team is in the pool.
- d) **Issues/Protests.** See Section G (Protests and Forfeitures) below.
- e) **Meet Information.** Each team shall prepare and submit to the League, no later than the last scheduled meeting in May, detailed information about such team's home meet pool to assist visiting teams when preparing for a meet (including detailed pool and parking maps, logistics, arrival times, etc.).

2) **Meet Timing.**

- a) Timing devices:
 - i) Teams will use 2 x Time Drops wireless buttons (provided by the League) per lane as primary timing system.
 - ii) One (1) manual stopwatch (provided by the Home team) will be used as backup time per lane.
 - iii) Teams may mutually agree prior to the start of the meet to conduct a meet utilizing 2 x manual stopwatches (provided by the Home team) as the timing system in lieu of 2 x Time Drops buttons and 1 x manual stopwatch.
- b) An electronic starter will be used.
- c) Meet Maestro will be used to automatically receive times from the Time Drops wireless buttons.

3) **Meet Awards.**

- a) The method for presenting ribbons to swimmers is left to the discretion of the home team and can be done by any of the following methods:
 - i) Line up swimmers after heat for immediate handout of ribbons; or
 - ii) Delay ribbons until after the meet:
 - (1) Ribbons will be prepared as soon as official results are available; and
 - (2) Ribbons can be picked up by team representatives from the ribbons table as the results become available and ribbons are prepared.

4) **Meet Workflow.**

- a) The League will design and publish a heat workflow and an event workflow to set out requirements and best practices for running a meet.

5) **Post-Meet Procedures.**

- a) The Home team is responsible for completing heat results as well as compiling dual meet scores. The Visiting team is responsible for helping with these tasks.

- b) The Home team is responsible for exporting the results from Meet Maestro back to SwimTopia (via the Finalize & Export option on the Settings page). This must be completed within 72 hours of the end of the applicable meet.

F. DUAL MEET RESULTS AND SCORING

- 1) Meet Maestro shall be used to automatically do all scoring and to create combined results for the meet. A digital copy of the combined results shall be transferred to a representative of both teams prior to the departure from the pool. In addition, two copies of the final combined results shall be printed prior to departure from the pool and each League Representative (or their designee) shall sign such results to attest to their accuracy. League Representatives shall keep a copy of such attested results until the last meeting of such season.
- 2) Meet Maestro will receive times from the Time Drops System.
- 3) Result time resolution:
 - a) If the times from the 2 Time Drops buttons differ by less than .31 of a second, the average of these times will be used.
 - b) If the times from the 2 Time Drops buttons differ by more than .31 of a second or if only a single Time Drops time was received or if no Time Drops times were received, times will be highlighted yellow in Meet Maestro. In this situation, the manual stopwatch backup time will be entered into the 3rd watch slot in Meet Maestro with the following parameters:
 - i) CASE #1: If the manual time is less than .31 of a second away from one of the Time Drops times, it means that Time Drops time is valid. If the manual time is greater than or equal to .31 of a second away from one of the Time Drops times, it means that the Time Drops time is invalid. Delete the invalid Time Drops time. When the invalid Time Drops time is removed, Meet Maestro will take the average of the remaining Time Drops and the manual watch time.
 - ii) CASE #2: If the 2 Time Drops times are greater than or equal to .31 of a second apart and the manual watch time is greater than or equal to .31 of a second apart from both Time Drops times, the valid time shall be the middle of the three. Delete the fastest and the slowest times leaving only the middle time. **NOTE:** You may need to re-enter the middle time in the second watch slot in Meet Maestro in order to clear the yellow highlighted condition on the lane.
 - iii) CASE #3: If the 2 Time Drops times are greater than or equal to .31 of a second apart and the manual time is between the two Time Drops times, the valid time is the manual watch time. Discard the Time Drops times. **NOTE:** You may need to re-enter the watch time in the second watch slot in Meet Maestro in order to clear the yellow highlighted condition on the lane.
 - iv) CASE #4: If only a single Time Drops time was received, Meet Maestro will determine the time by averaging the Time Drops time and the Manual watch time that was input in the 3rd watch slot.
 - v) CASE #5: If no Time Drops times were received, the manual watch time will be the official time. **Note:** You may need to enter the manual watch time in the second watch slot in Meet Maestro in order to clear the yellow highlighted condition of the lane.
 - vi) CASE #6: If there is an obvious difference in times in Meet Maestro where it appears there was an early button push, the Meet Maestro operator can ask the Time Drops operator if there is a valid button push within 0.3 seconds of either the Manual Time or the Time Drop Button in the Time Drops Console and if the Time Drops Console has a qualifying button push, then that button push will be marked as valid and the times will be re-imported into Meet Maestro.
 - c) If no times are recorded for any reason for a swimmer that actually and properly (i.e., correct heat and lane assignment) swam in an event, then such swimmer shall be permitted to "re-swim" such event, at such time reasonably determined by the Meet Referee, and have another swimmer from their team swim in the pool with them to act as a pacesetter. The pacesetting swimmer shall not be timed and is not eligible to score points for the pacesetting swim.
- 4) When two or more competitors tie, the points for each place following the tied place and the tied place will be added and divided by the number of tied competitors. Each competitor will receive that point value. In such cases, no awards shall be given for the place or places immediately following the tied places. If two tie for first place, there is no award

for second place; if three tie for first place, there are no awards for second or third place, and so on. All tied places earn the average of the tied place and the skipped place(s).

- 5) When an individual or relay team is disqualified, the following places move up in order of finish. NO points are awarded to disqualified swimmers or relay teams.
- 6) Scoring will be done as follows:
 - a) Individual Events:
 - i) Scoring the top 8 positions with points: 11-9-7-5-4-3-2-1.
 - ii) Scoring is done for top 8 times for an event regardless of which heat the time was recorded.
 - b) Relay Events: Scoring the top 2 positions with points 14-7.

G. ISSUES AND PROTESTS

- 1) **Issues.** If an issue or dispute arises at a meet for any reason, including an issue or dispute (a) not addressed by these Policies & Procedures or (b) relating to the interpretation of these Policies & Procedures, consensus must be reached between the League Representatives from both teams or a League Representative shall notify the applicable Division Vice President for clarification of said issue. While the rectification or clarification of the issue is underway, the meet should continue as scheduled to the extent possible. If a protest is warranted after the Division Vice President has clarified the issue, the League Representative will follow procedures set forth below.
- 2) **Protests.** No one at a meet, except a team's designated Head Coach for such meet, is permitted to submit a question or protest to the referee or to otherwise question the decision of an official during the meet. After hearing a protest and any appropriate rebuttal, the referee will decide what action is appropriate.
 - a) No videos are permitted to be used when filing, or in the determination of, a protest.
 - b) The Referee's decision is final.
 - c) Any further protests or questions must be submitted to the applicable Division Vice President in writing within twenty-four (24) hours of the conclusion of the last event of that meet. The Division Vice President shall inform the other teams(s) of the protest filed within twenty-four (24) hours of receipt of the protest and shall investigate and rule on the protest within seven (7) calendar days of the meet.

H. OFFICIATING

- 1) **Required Dual Meet Volunteer Positions.** At each League dual meet, the participating teams are required to provide qualified volunteers to fill the following positions:
 - a) Four (4) console operators (two from each team),
 - b) Two (2) runners (one from each team),
 - c) Two (2) Head Timers (one from each team),
 - d) Two (2) timers per lane (one from each team),
 - e) Four (4) touch/turn judges (two per team),
 - f) Two (2) stroke judge (one per team),
 - g) A Starter (provided by the home team),
 - h) A Referee (provided by the home team), and
 - i) A Meet Director (provided by the home team).
- 2) **Officials.**
 - a) Teams competing in Division I, II, and III must have a minimum of 8 currently certified stroke/turn judges.
 - b) Teams competing in any other division must have a minimum of 5 certified current stroke/turn judges.
 - c) All teams must have at least 2 currently certified starter/referee.
 - d) With the exception of those officials specifically addressed in (e) below, all stroke judges, touch/turn judges, starters and referees must complete the League-sponsored training as determined by the League. Each team shall keep an official record of all fully trained judges, starters and referees and such record may be examined by (i) any member of the Executive Board of the League or (ii) the League Representative of an opposing team at a dual meet. The League will provide each team access to the applicable training websites to allow it to collect information on the status of training of its volunteers.

- e) Individuals who hold a current USA Swimming Officials Certification meet the WHALe officials training requirement once they have read and understand the differences between WHALe rules and USA Swimming rules as provided by the League. These officials will sign a declaration of understanding which will be documentation for certification
 - f) No one person may function simultaneously as both League Representative and Meet Referee. A designee for the League Representative must be assigned.
- 3) The **Starter** is responsible for starting each race and charging false starts to swimmers. The starter will use a League approved electronic starting device. In the event that such starting device fails, a referee's whistle that is loud enough to be heard by swimmers in the furthest lane from the Starter is a permissible replacement to start races.
- a) After receiving clearance from the referee, the starter instructs the swimmers, including the type of event. The starter then directs them to "take your mark" to which they must immediately respond by assuming a starting position. Enough time should follow "take your mark" to enable swimmers to assume starting positions, but no swimmer shall be in motion immediately before the starting signal is given.
 - b) When a swimmer does not respond promptly to the command "take your mark" or starts before the starting signal is given, the starter shall immediately release all swimmers with the command "stand up". Any swimmer who enters the water or backstroke swimmer who leaves the starting area shall be charged with a false start, except that a swimmer may be relieved of the charge if the false start was caused by the swimmer's reaction to the command "stand-up".
 - c) All swimmers leaving their marks before the starting signal is given, shall be charged with a false start, except that a swimmer who has false started because of the action or movement of another competitor may be relieved of the charge and a false start may be charged only to the offender who moved. An individual's second false start shall result in disqualification, except for 6 & under events.
 - d) For backstroke starts, a false start may be charged to any swimmer who fails to maintain his feet and/or hands in a legal position after one warning.
 - e) For relay starts, a still start is required with feet touching some portion of the deck – no running, stepping or hop starts.
 - f) A swimmer may also be disqualified for deliberate delay or misconduct.
 - g) When the starting signal is given and one or more swimmers have obtained an unfair advantage, all swimmers shall be recalled at once by a second signal, and the starter shall indicate the swimmer(s), if any, who are charged with a false start.
 - h) Upon the Starter declaring a false start, the coaches from either team shall be permitted to enter the water to stop swimmers that entered the water and who are not recognizing that a false start has been called.
- 4) The **Referee** is responsible for all events and issues pertaining to the swimmers and the judges.
- a) The Referee will hold a meeting before the meet begins with all officials (timers and judges) and coaches to review meet procedures.
 - b) The Referee cannot disqualify or place swimmers.
 - c) The Referee cannot overrule a judge but can ask questions to verify understanding of the rule if the Referee believes the applicable judge may not understand a rule. Such questions must be about the nature of the rule involved and not about facts relating to any specific disqualification. If needed, the Referee has the authority to remove/replace any judge or timer; provided that the replacements judge or timer meets all applicable qualifications and is from the same team as the removed judge or timer.
 - d) Only the designated head coach can speak to the Referee about disputes, disqualifications, or questions. If parents and/or swimmers approach the Referee, they are to be redirected to their team's head coach.
 - e) The Referee will be at the finish line to observe the finish and check with stroke and touch/turn judges for disqualifications.
 - f) The Referee will coordinate with the Console table and the starter, giving the clear for start signal.
 - g) The Referee is charged with maintaining good sportsmanship during the meet.
- 5) The **Meet Director** is responsible for the conduct/administration of the meet and keeping the meet running smoothly and efficiently.

- a) The Meet Director can be the League Representative for the home team.
 - b) The Meet Director can remove swimmers or spectators for poor conduct or sportsmanship or for violating the Personal Conduct Policy set forth below.
 - c) Any ejections must be reported to the applicable Division Vice President in writing within 24 hours by the meet director.
- 6) The **Timers** are responsible for recording of swimmers' times during the meet.
- a) Each lane will have two (2) timers and they will be positioned as follows:
 - i) Each lane will have one (1) timer from each team;
 - ii) One timer has a Time Drops button and a manual stopwatch; and
 - iii) One timer has a Time Drops button and a Lane/Timer sheet.

(1) For the avoidance of doubt, no one (1) timer may operate both Time Drops buttons.
 - b) Each timer will be assigned a lane. The assigned lane is the only lane for which the timer has any responsibility.
 - c) Each timer is to sit at the end of the pool as directed by the Meet Director in his/her assigned lane and is responsible for following the timing instructions produced by the League and provided to the timers by the Meet Director.
- 7) **Head Timers**
- a) There are two Head Timers standing on either side of the pool, each providing primary coverage for half the pool. Each Head Timer has two stopwatches. For example, at a six lane pool, one Head Timer is responsible for lanes 1, 2 and 3 and the other is responsible for lanes 4, 5 and 6.
 - b) At the start of the race, both stopwatches are started at the flash of the starting system.
 - c) Head Timers will look towards the Timers to see if any hands are raised. If a Timer has a hand raised, or otherwise indicates a need for assistance, the Head Timer will deliver one of their stopwatches to the Timer in exchange for the Timer's old stopwatch.
- 8) The **Runners** pick up and deliver completed event timer sheets to the Console Operators regularly throughout the meet.
- 9) **Console Operators** - Each team must have at least two certified console operators. Training sessions will be held in the spring of each year to train and refresh the console operators. The console operators will be responsible for managing the Time Drops tablet and the Meet Maestro software. They will also receive the event timer sheets and double check automatic times against the backup times. No one person may function simultaneously as both League Representative and a console operator for a meet. A designee must be assigned.
- 10) **Ribbon Volunteers** will receive heat result labels from the console/scoring table and attach the label to the correct ribbon.
- 11) **Stroke Judge**
- a) A stroke judge will disqualify a swimmer who violates any stroke or kick rule listed in Appendix A except for the following:
 - i) A swimmer in a 6 & under event is not disqualified unless there is an unfair advantage. A swimmer in a 6 & under event is allowed two (2) stroke infractions per race in the backstroke.
 - ii) A swimmer in a 7-8 event is allowed one (1) stroke infraction per race and/or relay leg.
 - iii) All swimmers, including a swimmer in a 6 & under event, shall be disqualified if they do not finish the race legally, e.g., on their back in the backstroke. This is a touch-turn infraction, not a stroke infraction.
 - iv) A stroke judge will disqualify a swimmer who gains an unfair advantage by doing any of the following:
 - (1) Pulling on a lane rope.
 - (2) Pulling on a pool's side.
 - (3) Pushing off the pool's bottom.
 - (4) Pushing off a pool's side other than at the starting or finishing ends.
 - b) A touch/turn judge will disqualify a swimmer who violated any turn, finish, or relay race rule listed in Appendix A.

- c) During a meet, judges shall report any infractions or disqualifications to the Referee via a clear and obvious signal, which the Referee shall establish prior to the meet.
- d) The referee annotates any infractions on the lane/timer sheet for the swimmer in question.
- e) A touch/turn judge from each team shall be on each end of the pool and the touch/turn judges on one side of the pool must be from different teams.

APPENDIX A

ARTICLE 101 - INDIVIDUAL STROKES AND RELAYS

101.1 BREASTSTROKE

- 1) Start
 - a) The forward start shall be used.
- 2) Stroke
 - a) From the beginning of the first arm stroke after the start and after each turn, the body shall be kept on the breast. It is not permitted to roll onto the back at any time during the swim.
 - b) Throughout the race the stroke cycle must be one arm stroke and one leg kick in that order.
 - c) All movements of the arms shall be simultaneous and in the same horizontal plane without alternating movement.
 - d) The hands shall be pushed forward together from the breast on, under, or over the water.
 - e) 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.
 - f) 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.
- 3) Kick
 - a) After the start and each turn, a single downward butterfly kick followed by a breast-stroke kick is permitted. Following which, all movements of the legs shall be simultaneous and in the same horizontal plane without alternating movement.
 - b) The feet must be turned outwards during the propulsive part of the kick. A scissors, flutter or downward butterfly kick is not permitted (except as provided above). Breaking the surface of the water with the feet is allowed unless followed by a downward butterfly kick.
- 4) Turns and Finish
 - a) 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. 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.

101.2 BUTTERFLY

- 1) Start
 - a) The forward start shall be used.
- 2) Stroke
 - a) 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 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. Both arms must be brought forward over the water and pulled back simultaneously.

- 3) Kick
 - a) 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.
- 4) Turns
 - a) At each turn the body shall be on the breast. The touch shall be made with both hands 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.
- 5) Finish
 - a) 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.

101.3 BACKSTROKE

- 1) Start
 - a) The swimmers shall line up in the water facing the starting end, with both hands placed on the gutter or on the starting grips. Ankle grip starts will be permitted unless pool deck conditions are deemed unsafe for this start by discretion of the meet referee prior to meet start. No part of the ankle gripped foot should extend beyond the edge of the pool.
 - b) The Starter shall be responsible for disqualifications for violations related to ankle starts as defined in Appendix (A)(101.3)(a).
 - c) Prior to the command "take your mark" and until the feet leave the wall at the starting signal, the swimmer's feet, including the toes, shall be placed under the surface of the water. Standing in or on the gutter or curling the toes over the lip of the gutter is not permitted at any time before the start. A backstroke starting block may not be used.
- 2) Stroke
 - a) Standing in or on the gutter or curling the toes over the lip of the gutter immediately after the start is not permitted. 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 shall be permissible for the swimmer to be completely submerged during the turn and for a distance of not more than 15 meters and after the start and each turn. By that point, the head must have broken the surface of the water.
- 3) Turns
 - a) Upon completion of each length, some part of the swimmer must touch the wall.
 - b) During the turn the shoulders may turn past the vertical toward the breast after which a continuous single arm pull or a continuous simultaneous double arm pull may be used to execute the turn.
 - i) Once that one pull is completed (hands at side) all kicking may stop or may continue. At that point the swimmer is allowed to glide or kick into the wall to complete the turn.
 - ii) If a swimmer chooses to complete the turn on their breast, they cannot touch the wall with their hand/s during the turn.
 - c) The swimmer must return to a position on the back before the feet leave the wall.
- 4) Finish
 - a) The swimmer shall have finished the race when any part of the person touches the wall while the swimmer is on their back at the end of the course.

101.4 FREESTYLE

- 1) Start
 - a) The forward start shall be used.
- 2) Stroke

- a) In an event designated freestyle, the swimmer may swim any style. No stroke rules need to be applied to any freestyle event (even if swimmer chooses to swim another stroke like back, breast or butterfly) except the following: 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 after the start and each turn. By that point the head must have broken the surface.
 - b) In a medley relay or Individual Medley event, freestyle includes any stroke other than backstroke, breaststroke, or butterfly.
- 3) Turns
- a) Upon completion of each length the swimmer must touch the wall.
- 4) Finish
- a) The swimmer shall have finished the race when any part of his person touches the wall after completing the prescribed distance.

101.5 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.

- 1) Start
- a) The forward start shall be used.
- 2) Stroke
- a) The stroke for each one-fourth of the designated distance shall follow the prescribed rules for that stroke.
- 3) Turns
- a) Intermediate turns within each stroke shall conform to the turn rules for that stroke.
 - b) The turns when changing from one stroke to another shall conform to the finish rules for the stroke just completed, and shall be as follows:
 - i) **Butterfly to backstroke.** The swimmer must touch as described in 101.2.5. 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.
 - ii) **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.
 - iii) **Breaststroke to freestyle.** The swimmer must touch as described in 101.1.5. Once a legal touch has been made, the swimmer may turn in any manner.
- 4) Finish
- a) The swimmer shall have finished the race when any part of his/her person touches the wall after the prescribed distance.

101.6 RELAYS

- 1) Freestyle Relay
- a) Four swimmers on each team, each to swim one-fourth of the prescribed distance using any desired stroke(s). Freestyle finish rules apply.
- 2) Medley Relay
- a) 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. Rules pertaining to each stroke used shall govern where applicable. At the end of each leg, the finish rule for each stroke applies in each case.
- 3) Rules Pertaining to Relay Races
- a) No swimmer shall swim more than one leg in any relay event.

- b) In relay races a swimmer, other than the first swimmer, shall not start until his/her teammate has concluded his/her leg.
- c) Any relay team member and his/her 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 swimmers of all teams have finished the race. Exception: When an in-the-water start is required, or such start is approved by the Referee.
- d) Each relay team member shall leave the water immediately upon finishing his/her leg, except the last member.
- e) In relay races the team of a swimmer whose feet have lost touch with the starting platform (ground or deck) before his/her preceding teammate touches the wall shall be disqualified.
- f) 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.

APPENDIX B

Differences between USA Swimming Rules and WHALe

Topic	USA Swimming	WHALe Swim League
Infraction	102.13.3) A judge shall ensure that the rules relating to the style of swimming designated for the event are being observed; and shall report any violations to the Referee detailing the event	11.a.i) A swimmer in a <u>6&under event is not disqualified unless there is an unfair advantage</u> (or he/she does NOT finish the race legally on backstroke). 11.a.ii) A swimmer in a <u>7-8 event is allowed one (1) stroke infraction</u> per race and/or relay leg. 11.a.iv1-4) A swimmer in a <u>6&under event is allowed two (2) stroke infractions</u> per race in the backstroke. The exception is if a swimmer gains an unfair advantage (pulling on a lane rope, pushing off the bottom/side wall)
Backstroke	101.4.1) 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. **No restriction to the toes being below the surface of the water**	101.3.1.a) <u>Ankle grip starts will be permitted</u> unless pool deck conditions are deemed unsafe for this start by discretion of the meet referee prior to meet start. No part of the ankle gripped foot/shoe should extend beyond the edge of the pool. 101.3.1.c) The swimmer's <u>feet, including the toes, shall be placed under the surface of the water</u> 101.3.1.c) A backstroke <u>starting block may not be used.</u>
Backstroke	101.4.3) Upon completion of each length, some part of the swimmer must touch the wall. During the turn	101.3.3.b.i) During the turn, once the arm pull is completed (hands at side) <u>all kicking may stop or may continue.</u> At that

	<p>the shoulders may be turned past the vertical toward the breast after which an <u>immediate</u> continuous single arm pull or <u>immediate</u> continuous simultaneous double arm pull may be used to initiate the turn.</p> <p>**No designation on hands not being allowed to touch the wall**</p>	<p>point, the swimmer is <u>allowed to glide or kick into the wall</u> to complete the turn.</p> <p>101.3.3.b.ii) If a swimmer chooses to complete the turn on their breast, <u>they cannot touch the wall with their hand(s)</u> during the turn.</p>
Starter	<p>102.12.1) The Starter shall <u>stand on the side of the pool within ~5 meters of the starting end of the pool</u> and, upon signal from the Referee, shall assume control of the swimmers until a fair start has been achieved.</p>	<p>**There is no designation on where the Starter shall stand**</p>
The Start	<p>101.1.2A) The Referee shall <u>signal the commencement of an event by a short series of whistles</u> inviting them to get ready at the starting end, followed by a long whistle indicating they should take and maintain their positions on the starting platform. In backstroke and medley relay events, at the Referee's first long whistle, the swimmers shall immediately enter the water and at the second long whistle shall return without any undue delay to the starting position.</p> <p>101.1.1.E) A swimmer shall not be disqualified for an illegal starting position at the start if the race is permitted to proceed. Enforcement of the correct starting position is the responsibility of the Starter.</p> <p>**No designation on instructing swimmers to step up or describing the type of event**</p>	<p>H.1.3.a) After receiving clearance from the referee, the <u>starter instructs the swimmers, including the type of event.</u></p> <p>**There is no designation of whistles or how the Meet Referee will provide the clearance for the Starter**</p>
False Starts	<p>101.1.3.A) Any swimmer initiating a start before the signal may be disqualified <u>if the referee independently observes and confirms the Starter's observation</u> that a violation occurred.</p> <p>101.1.3.B) If the starting signal has been given before the disqualification is declared, <u>the race shall continue</u></p>	<p>H.3.c) An individual's <u>second false start</u> shall result in disqualification, except for 6&Under events</p> <p>H.3.d) For backstroke starts, a false start may be charged to any swimmer who fails to maintain his feet and/or hands in a legal position <u>after one warning.</u></p> <p>H.3.e) For relay starts, a still start is required with feet touching some portion of</p>

	<p><u>without recall.</u> The swimmer(s) who have false started shall be <u>disqualified upon completion of the race.</u></p> <p>101.1.3.C) If the <u>recall signal is activated, no swimmer shall be charged with a false start</u> and the Starter shall restart the race.</p>	<p>the deck - <u>no running, stepping, or hop starts.</u></p> <p>H.3.g) When the starting signal is given and one or more swimmers have obtained an unfair advantage, <u>all swimmers shall be recalled at once by a second signal,</u> and the <u>starter shall indicate the swimmer(s), if any, who are charged with a false start.</u></p> <p>H.3.h) Upon the Starter declaring a false start, the <u>coaches from either team shall be permitted to enter the water to stop swimmers</u> that entered the water and who are not recognizing that a false start has been called.</p>
Meet Referee	<p>102.11.1) The Referee shall have full authority over all officials and 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; <u>can overrule any meet official</u> on a point of interpretation, or on a judgment decision pertaining to an action which the Referee has personally observed.</p> <p>101.11.2) The Referee has the <u>authority to disqualify a swimmer(s) for any violation</u> of the rules that the Referee personally observes</p> <p>101.11.5) The Referee shall <u>give a decision on any point where the opinions of the judges differ;</u> and shall have authority to intercede in a competition at any stage.</p> <p>**No designation on where the Referee will be positioned at the finish of each event**</p>	<p>H.4.b) The Referee <u>cannot disqualify or place swimmers.</u></p> <p>H.4.c) The Referee <u>cannot overrule a judge</u> but can ask questions to verify understanding of the rule if the Referee believes the applicable judge may not understand a rule. Such questions must be about the nature of the rule involved and not about the facts relating to any specific disqualification.</p> <p>H.4.e) The Referee will <u>be at the finish line to observe the finish</u> and check with stroke and touch/turn judges for disqualifications.</p>