

# GKAISA General Rules 2019

## 1. LEAGUE ALIGNMENT

For the 2019 season, the GKAISA teams shall be arranged in 6 leagues, as follows:

<u>League 1</u>	<u>League 2</u>	<u>League 3</u>
Knoxville Racquet Club Holston Hurricanes Green Meadow Village Green Peninsula Club Sevier Aquatic Club	Gulf Park Gettysvue CC Concord Hills Fox Den C.C. Jefferson City Sugarwood	Benington-Farrington West Side YMCA Whittington Creek National Fitness Center Crestwood Hills Gulfwood
<u>League 4</u>	<u>League 5</u>	<u>League 6</u>
Maryville-Alcoa Beaver Brook C.C. Tellico Village Ft. Sanders HFC Cherokee C. C. View Harbour	Northside Y Oak Ridge City Aquatics Rockwood Swim Club University Swim Club Morristown BGC	Newport Cocke County Haslam B&G Club Emerald Youth Kingston Swim Team Clinton Sharks

## 2. LEAGUE RULES

- 2.1. League results will be based on competition within the respective leagues. Each of the teams in a league must swim each other at least once each season. Should a team swim another team from their league more than once during the season, the initial meeting shall be the meet of record for league standings.
- 2.2. Teams may schedule meets with teams in other leagues, but results will not count in any league standings.
- 2.3. Interclub meets will be scheduled at the Scheduling meeting prior to each Interclub season, and league meets will take scheduling priority.
- 2.4. Teams finishing first in their league will move up to the next higher league the following year. Teams finishing last in their league will move down to the next lower league the following year. In the event of ties in league standings, the result of head-to-head competition between the tied teams shall be used to determine the team to move up or down. If the results of head-to-head competition do not produce a clear solution, the tie will then be resolved by the results of the Championship Meet.
- 2.5. If the membership in the organization changes, it shall be the duty of the Executive Committee to redistribute the number of teams in each league.

## 3. TEAM COACH REQUIREMENTS

- 3.1. All GKAISA coaches are required to complete certain training and testing activities to be certified to coach a GKAISA team. Information regarding training requirements may be found on the GKAISA website [www.gkaisa.swimtopia.com](http://www.gkaisa.swimtopia.com).

### 3.2. Athlete Protection Training (APT)

- 3.2.1. All persons wishing to serve as a GKAlSA team coach must have successfully completed either the Redwoods Institute Child Sexual Abuse Prevention or USA Athlete Protection Training (APT) prior to the first practice or meet that they act as a coach or no later than June 1.
- 3.2.2. Each team shall send a list of their coaches and proof of APT completion to the GKAlSA Vice President prior to their first meet of the year or by June 1, whichever shall occur first. In the case where a coach is added after the original list has been submitted, the name and proof of APT completion must be sent to GKAlSA before that person is allowed to coach at a GKAlSA meet. Failure to comply with this requirement may result in forfeiture of any and all meets and may prevent that team from participation in the GKAlSA Championship Meet.
- 3.2.3. It is required that each coach repeat the APT certification every 2 years.

### 3.3. Concussion Awareness and Sudden Cardiac Arrest Training

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

## 4. AGE GROUP DIVISIONS and SWIMMER ELIGIBILITY

- 4.1. All events will be swum in divisions of 8 and under girls, 8 and under boys, 9-10 girls, 9-10 boys, 11-12 girls, 11-12 boys, 13-14 girls, 13-14 boys, 15-18 girls, and 15-18 boys.
- 4.2. Swimmers must compete in their legitimate age group (age as of midnight May 31) in all events with the exception of Section "5. MOVING UP."
- 4.3. No one who has trained as a member of an NCAA, NAIA, or NCAA sanctioned collegiate swimming or diving team may compete in a GKAlSA meet regardless of age.
- 4.4. Any person past the age of 18 (as of midnight May 31) who has either graduated from high school within the current interclub year or who, because of disability, remains enrolled in high school past the age of 18 as approved by the State of Tennessee, may petition for a waiver to be allowed to participate in the 15-18 age division. Approval of the petition will be granted at the discretion of the GKAlSA Board.

## 5. MOVING UP

- 5.1. Only ONE swimmer may move up ONE age group in relay swims. That is, a relay team may have only one swimmer who has moved up.
- 5.2. No one may move up on individual events unless designated EXHIBITION.

## **6. DUAL and TRI MEET EVENTS**

- 6.1. The schedule of events for meets shall be: Individual Medley; 25/50 Freestyle; Medley Relay; Backstroke; Breaststroke; (50/100 Freestyle); Butterfly; and Freestyle Relay.
- 6.2. The 50 Freestyle for 10 and under and the 100 Freestyle for 11 and up may be added as events placed between the Breaststroke and Butterfly with concurrence of competing coaches in Dual and Tri meets. These events are swum in the GKAlSA Championship Meet.
- 6.3. 10 and under swim 25 yards/meters in the four strokes and 100 yards/meters in the IM and relays; 11 and up swim 50 yards/meters in the four strokes and 200 yards/meters in the IM and relays, except the 11-12 age group will swim 100 yards/meters for the Individual Medley.

## **7. EVENTS PER SWIMMER**

- 7.1. A swimmer may swim in 4 events for points (any combination of individual or relay) in a GKAlSA Interclub Dual or Tri meet. If a swimmer participates in more than the allowed number of events, the swimmer shall be disqualified in each event he/she swam, and all points scored by that swimmer will be deleted with other swimmers in affected heats moving up in place order and each event he/she swam in will be re-scored.
- 7.2. A swimmer may swim in more than 4 events in a Dual or Tri meet if their entry card for the additional events is designated EXHIBITION before the swimmer stands on the block.
- 7.3. Teams in Leagues 5 or 6 are allowed to swim their swimmers in 3 individual events and 2 relays or 4 individual and 1 relay in Dual or Tri-Meets. If teams in Leagues 5 or 6 compete in a Dual or Tri-Meet outside of their leagues, the respective coaches will decide before the meet which rules they will follow.

## **8. SCORING and AWARDS**

- 8.1. In Individual Events, only two swimmers per team may score, but all may compete for points unless designated as EXHIBITION.
- 8.2. In Relay Events, only one relay per team per event may score, but all may compete for points unless designated as EXHIBITION.
- 8.3. In all Dual or Tri meets, the first heat of each event shall be the only one scored and each team shall have an equal number of lanes in that heat. Additional lanes shall be left empty in the first heat or shall be designated as EXHIBITION. In the case where a team is not able to fill their assigned lanes in the first heat, those lanes shall be left empty and may not be filled by swimmers from other teams, unless designated as EXHIBITION and agreed upon by all coaches. All additional heats in an event, after the first, are considered to be EXHIBITION without the requirement that it be explicitly stated.
- 8.4. In the case of a pool having more than 6 lanes, the additional lanes shall be designated as EXHIBITION in the first heat or all lanes may be eligible to score if agreed upon by all coaches.
- 8.5. Scoring point values:  
Scoring point values awarded for GKAlSA Dual meets shall be;  
Individual events: 5-3-2-1                      Relays; 7-3  
  
Scoring point values awarded for GKAlSA Triangular meets shall be;  
Individual events: 6-4-3-2-1-0                      Relays; 8-4-0
- 8.6. Place ribbons are to be provided equal to the number of lanes used for the meet, i.e., 6 lanes equals 6 place ribbons. Ribbons are to be awarded on basis of actual finish, not by points scored by the swimmers.

## **9. GENERAL CONDUCT**

- 9.1. All tobacco products, vaping, e-cigs and alcoholic beverages are absolutely prohibited at the pool area in all GKAIISA meets: Dual, Tri, Relay and Championship.
- 9.2. Proper conduct is expected from all persons attending a swim meet. The Meet Referee has the responsibility of ejecting from the meet any person not displaying proper behavior.

## **10. CERTIFIED OFFICIALS and RULES CLINICS**

- 10.1. All Referees, Starters, and Stroke & Turn Judges must be certified in that position and must be a minimum of 18 years old.
- 10.2. The specific certification requirements for each position are as follows;
  - 10.2.1. REFEREE - Certification as a GKAIISA Referee will require the person to attend an Officials Clinic each year and successfully complete the Referee written exam. Prior to being certified as a Referee, that person must have been a certified Stroke & Turn Judge for at least two years.
  - 10.2.2. STARTER - Certification as a GKAIISA Starter will require the person to attend an Officials Clinic at least once every two years and successfully complete the Starter written exam.
  - 10.2.3. STROKE & TURN JUDGE - Certification as a GKAIISA Stroke & Turn Judge will require the person to attend an Officials Clinic at least once every two years and successfully complete the Stroke & Turn Judge written exam.
- 10.3. Certification as a Referee shall also be considered as certified in both Starter and Stroke & Turn Judge positions.
- 10.4. There will be a number of GKAIISA Officials & Rules Clinics held at the beginning of each season to allow all certified officials the opportunity to satisfy the clinic attendance requirement for their position.

## **11. GENERAL MEET RULES and PROCEDURES**

- 11.1. Interclub meets must begin with thirty minutes of the scheduled time unless extenuating circumstances are communicated coach to coach. Otherwise, the team in violation must forfeit the meet. The GKAIISA President will mediate in case of disputes.
- 11.2. A team wishing to change a meet must give at least one week's notice to the opposing coach(es). If the meet cannot be rescheduled, the canceling team must forfeit the meet for won-lost record.
- 11.3. In the case of a meet being held at a pool lacking sufficient lighting to continue after dark, prior to the beginning of the meet, the coaches shall agree on the time at which the meet will be halted. Section "12. INTERRUPTED MEET" provides guidance as to whether meet should be rescheduled or considered a complete meet.
- 11.4. All persons working as Referee, Starter, or Stroke & Turn Judge must be GKAIISA certified in that position. A person participating in a meet as either a coach or swimmer may not also serve as a certified official in that meet. In the case where a team does not have the necessary certified official(s), then they must ask the other teams in the meet whether they can supply those additional certified persons. Only in the case when none of the involved teams are able to supply a person certified in a position should the meet proceed with a non-certified person.
- 11.5. Before the start of a meet, a Meet Referee shall be assigned by the host team and his/her identity made known to all coaches and officials. The Meet Referee shall insure that all officials and deck workers are properly trained and certified to perform their assignments and shall be responsible for the meet being run in a manner fair to all participants.

- 11.6. For dual meets, the host team will compete in the odd-numbered lanes and the visiting team in the even-numbered lanes unless the visiting team is advised otherwise at least 5 days before the date of Meet. In triangular or quadrangular meets, choice of lanes will be by draw or by decision of the coaches involved in the meet.

11.7. USA Swimming Rules shall apply to all GKAI SA Dual and Triangular meets except:

11.7.1. False Start Rule;

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. All swimmers leaving their marks before the starting signal was given shall be charged with a false start, except as excused by the Starter or Referee. Any swimmer charged with a second false start in the same heat shall be disqualified and not permitted to swim in the event.

11.7.2. Backstroke Turn Rule;

After the swimmer's head has passed the backstroke flag, prior to the turn, the swimmer's upper shoulder may (but is not required to) rotate past the vertical toward the breast before the touch is completed provided such rotation is accompanied by an initiation of the turning action or continuation into the wall.

The initiation of the turning action shall be accomplished by a single-arm or simultaneous double-arm pull, or in the absence of such pulls, by a downward, underwater movement of the head.

After the initiation of the turning action, no additional arm pulls may be started; however, kicking and gliding actions are permitted.

The swimmer shall assume a position on the back before the feet leave the wall.

11.8. Finish Place Judging:

11.8.1. In the absence of automatic timing equipment or the prescribed number of Timers and Place Judges at Dual and Triangular meets, two across-the-board Place Judges and an Overcall Judge will be used in determining the finish of swimmers.

11.8.2. The Overcall Judge's ballot, recorded independently of the other judges, will be used in determining the finish only when the two across-the-board Place Judges disagree. Then, if any two of the three ballots for a swimmer agree, that shall be the official place for that swimmer.

11.8.3. For any place for which three complete ballots are not available or where no two ballots agree the Referee shall determine the order of finish by evaluating all available information, including times.

11.8.4. Ties can be called by across-the-board Place Judges, Overcall Judge or by the Referee after balloting and evaluating all information.

11.9. Relay Take-off Judging:

For relay events, there will be at least two Relay Takeoff Judges at each end of the pool where there are departing swimmers and positioned such that two judges are observing the same lanes. Each club should provide an equal number of judges. These Judges shall determine whether the departing swimmer is in contact with the platform at the time the incoming swimmer touches the end of the pool and shall independently report infractions on a written form without the use of the infraction hand signal. The written forms are then given to the Meet Referee or designee who will determine if an infraction has occurred. A team will only be disqualified when there is independently written dual confirmation of an illegal take-off by the two responsible Relay Takeoff Judges.

11.10. Meet Results Correction Procedure

11.10.1. Certain mistakes in dual or tri meet results may be corrected if they are detected within 3 days (72 hours) after completion of the meet. After the 3 day limit has expired the results are considered final and cannot be corrected. Meet results may be corrected for 'clerical' type errors only, such as mathematical or other scoring mistakes. Protests against the judgment of Starter, Stroke & Turn Judges, or Relay Take-off Judges can only be addressed to the Meet Referee, whose decisions are final unless there is clear evidence of the misinterpretation of a rule.

11.10.2. It is the responsibility of the coach or representative of the team detecting the error to contact the GKAIISA President within the 3 day limit, otherwise there can be no further action taken. After notifying the GKAIISA President, it is expected that the teams involved in the meet will work together to resolve the issue.

11.10.3. In the case where the teams cannot reach a mutually agreeable resolution, they may ask that the GKAIISA Review Committee, consisting of three persons to be appointed by the GKAIISA President, will settle the issue. The decision of the GKAIISA Review Committee is final.

#### 11.11. Pool Depth Requirement

11.11.1. In pools with water depth less than 4.0 feet, at the starting end, swimmers must start from within the water.

11.11.2. For purposes of rule 11.11.1, water depth shall be measured for a distance of 3 feet 3 ½ inches (1 meter) to 16 feet 5 inches (5 meters) from the starting end wall.

11.11.3. Depth measurement should be made and agreed upon by coaches from each team prior to any swimmer entering the water (includes warm-up). Once the meet begins, only the referee can request the depth be re-measured if safety is a concern.

#### 11.12. Warm-Up Procedure

11.12.1. For all GKAIISA swim meets, diving from the starting platform or from the side of the pool during warm-ups may be done only in one-way lanes.

#### 11.13. Meet Safety

11.13.1 The meet referee has the responsibility and authority to see that the meet is conducted in a safe manner and may halt the meet at any time due to hazardous conditions.

### 12. INTERRUPTED MEET

12.1. In the event a Dual or Triangular meet must be interrupted due to weather or other circumstances, the following guidelines will apply;

12.1.1. If the meet is interrupted prior to completion of Event 40, the meet should be rescheduled, at which time the meet shall proceed from the heat/event last swum prior to the interruption.

12.1.2. If the meet is interrupted after completion of Event 40, the meet should be rescheduled; or by the coaches' mutual consent, it may be considered a complete meet. If it is rescheduled, the meet shall proceed from the event/heat last swum prior the interruption.

12.2. For purpose of establishing GKAIISA Championship Meet eligibility both the original and rescheduled meets shall be considered one meet. A swimmer participating in either the original or rescheduled meet shall be considered to have participated in the meet.

12.3. When a league meet must be rescheduled due to weather or other reason, the host team will provide the visiting team with at least three possible open meet dates. If the visiting team cannot accept one of these dates, the visiting team will forfeit the meet.

12.4. In the case where a scheduled or rescheduled meet cannot be swum during the season, neither team will be given a Win or a Loss for the unswum meet.