

**GREATER DAYTON  
SWIMMING ASSOCIATION RULES  
REVISED MAY 2020**

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# GREATER DAYTON SWIMMING ASSOCIATION SWIMMING RULES

## GENERAL

All competitive swimming meets scheduled between two or more member pools by the Greater Dayton Swimming Association (GDSA) will be conducted under the swimming rules published by GDSA and United States Swimming in the “Technical Rules and code of Regulations” Member pools will provide a copy of these GDSA rules and USA Swimming Handbook to each Meet director.

Most rules in the GDSA version are verbatim from USA Swimming with deletions, exceptions, and modifications of others to meet the requirements of the Association. These rules should be followed as closely as possible in all Tri-meets, Semi-finals, Finals, and intra-squad meets. Annual revision of GDSA rules to modify from or to conform to USA Swimming will be made by or at the May meeting. Any revisions after that date will become effective the following season.

The Greater Dayton Swimming Association, under Ohio’s Return to Play Law (ORC 3707.511), is considered a “Youth Sports Organization”. The Ohio Department of Health (ODH), under the Return to Play Law, requires coaches and referees of youth sports organizations to successfully complete a training program every three years concerning concussions and head injuries and recognizing symptoms. See RULE XVI – ADHERENCE TO OHIO DEPARTMENT OF HEALTH RETURN TO PLAY LAW for further details.

The ODH also requires all officials, coaches, parents/guardians, and athletes of Youth Sports Organizations to receive information regarding: “**Lindsay’s Law (ORC3313.5310, 3707.58, & 3707.59)**” pertaining to sudden cardiac arrest. See RULE XVII – ADHERENCE TO OHIO DEPARTMENT OF HEALTH LINDSAY’S LAW.

**All host pools are required to provide an on-duty Red Cross or YMCA certified lifeguard at all times during swim meets. No swimmer shall be permitted to enter the course until the lifeguard has been seated and the Meet Referee signals permission to begin warm-up.**

Swimming warm-ups will begin at 5:50 p.m. Each team will warm-up individually according to team number assignment for the evening. See Rule XIII. The host team shall warm-up at 5:50 p.m. There will be a ten-minute time limit per team. However, the Referee may make an exception to shorten the warm-up time to a minimum of five minutes per team upon consultation with the coaches if extenuating circumstances should occur.

The Referee shall have the announcement made that all officials are to take their positions for the meet. Once the officials are in place, the pool shall be responsible for playing a recording of or securing a performance of the National anthem prior to the start of the first event.

No swimmers, coaches, meet officials, parents, etc., shall be thrown into the pool following a meet.

**Smoking and use of other tobacco products is prohibited on the pool deck, in the locker rooms, in spectator seating for standing areas, and in all areas used by swimmers during the meet or during the warm-up periods in connection with the meet.**

All participants, coaches, officials, parents and spectators are asked to conduct themselves in a professional and sportsmanlike manner.

## **RULE I — SWIMMING THE STROKES**

### **A. BREASTSTROKE**

1. **START** – The forward start shall be used.
2. **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. On the start or turn, one arm stroke beyond the hipline followed by one breaststroke kick may be made while the swimmer is underwater. Throughout the race the stroke cycle must be one arm stroke and one kick in that order.

All movement of the arms shall be simultaneous and in the same horizontal plane without alternative 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 of 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 the hands turn inward at the widest part of the second stroke.

3. **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. A scissors, flutter, 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.
3. **TURNS** – At each turn, the touch shall be made with both hands simultaneously at, above, or below the water surface not necessarily in the same plane. 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 any part of the last complete or incomplete cycle preceding the touch. The shoulders must be at or past the vertical toward the breast when the feet leave the wall and the prescribed in (2) above must be attained from the beginning of the first arm stroke.
4. **FINISH** – At the finish the touch shall be made with both hands simultaneously at, above, or below the water surface not necessarily in the same plane. The body shall be on the breast and the shoulders in line with the water surface. 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 any part of the last complete or incomplete stroke cycle preceding the touch.

## **B. BUTTERFLY**

1. **START** – The forward start shall be used.
2. **STROKE** – After the start and after each turn, the swimmer's shoulders must be at or past vertical toward the breast. The swimmer is permitted one or more leg kicks, but only one arm pull under water, which must bring him/her to the surface. Both arms must be brought forward over the water and pulled back simultaneously. 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.
3. **KICK** – All up and down movements of the legs and feet must be simultaneous, the position of the legs and 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. **URNS** – At each turn the body shall be on the breast and the shoulders in line with the water surface. The touch shall be made with both hands simultaneously at, above, or below the water surface not necessarily in the same plane. The swimmer's shoulders must be at or past the vertical toward the breast when the feet leave the wall.
5. **FINISH** – At the finish the touch shall be made with both hands simultaneously at, above, or below the water surface not necessarily in the same plane. The body shall be on the breast and the shoulder in line with the water surface.

## **C. BACKSTROKE**

1. **START** – Swimmers shall step in the water feet first, and line up in the water facing the starting end with both hands in contact with the end of the pool or the starting platform. 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 completely under the surface of the water. Standing on or in the gutter or curling the toes over the lip of the gutter is not permitted.
2. **STROKE** – The swimmer shall push off on his/her back and continue swimming on his/her 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 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.
3. **URNS** – The turn requires that some part of the swimmer's body contact the end wall. 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 turn action, no additional arm pulls may be started; however, kicking and gliding actions are permitted.

The swimmer shall assume a position of past vertical towards the back before the feet leave the

wall.

4. FINISH – The finish requires completion of the required distance and contact with the wall by any part of the swimmer while on the back.

#### **D. FREESTYLE**

1. START – The forward start shall be used.
2. STROKE – Freestyle means that in an event so designated the swimmer may swim any style; except that in a Medley Relay or Individual Relay 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 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.
3. TURNS – Upon completion of each length, the swimmer must touch the wall.
4. FINISH – The swimmer shall have finished the race when any part of his/her person touches the wall after completing 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; the last one-fourth, freestyle.

1. START – The forward start shall be used.
2. STROKE – 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:
    1. Butterfly to backstroke – The swimmer must touch as described in (b) above. 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 feet leave the wall.
    2. 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 feet leave the wall and the prescribed breaststroke attained prior to the first arm stroke.
    3. Breaststroke to freestyle – The swimmer must touch as described in (a) above. Once a legal touch has been made, the swimmer may turn in any manner.
    4. Finish – The swimmer shall have finished the race when any part of his/her person touches the wall after the prescribed distance.

## F. RELAYS

1. FREESTYLE RELAYS – Four swimmers on each team, each to swim one-fourth of the prescribed distance continuously using any desired stroke. (See rule 1.D.2)
2. MEDLEY RELAYS – Four swimmers on each team, each to swim one-fourth of the prescribed distance continuously 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 EVENTS –
  - a. No swimmer shall swim more than one leg in any relay event.
  - b. When automatic relay take-off judging is used, each swimmer must touch the touch plate or pad in his lane at the end of the course to have finished his/her leg of the relay race.
  - c. In relay races a swimmer other than the first swimmer shall not start until his/her teammate shall have concluded his/her leg.
  - d. 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 shall enter the pool in the area where the race is being conducted before all swimmers of all teams have finished the race.
  - 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. Semi-Finals relay swimmer entries may not be changed after the date set by the league to report Championship Entry Changes. In the event a swimmer is unable to compete on the date set for Semi-finals related to illness or injury, an alternate from the submitted list may be substituted.

**Note:**

    - 1) **If a swimmer is removed from the relay team entry for Semi-finals, the individual will not be eligible to compete in any other events for rest of the championship meets..**
    - 2) **Order of relay may be changed up to and including at scratch meeting prior to Semi-final meet.**
  - g. The order of the swimmers may be changed between qualifying in the Semi-finals and the scratch meeting of Finals.
4. RULES PERTAINING ONLY TO THE SECOND AND FOURTH LEGS OF THE 100-METER MEDLEY RELAY EVENTS AND 100-METER FREESTYLE RELAY EVENTS –
  - a. The second and fourth legs of these relays shall enter the pool shortly after the previous leg has entered the water.



- b. The swimmer shall “slip” into the water feet first with one hand in contact with the deck at all times. After entering the water, some part of that swimmer’s body must contact the wall until the previous swimmer has covered the prescribed distance and any part of his person touches the solid wall at the end of the pool or course.
- c. All other rules pertaining to relays, the swimming of the strokes, and finish rules shall apply.

## **G. FINISH RULES FOR ALL STROKES**

- 1. In all swimming races using other than completely automatic officiating equipment, each swimmer shall have finished his/her race when he/she has covered the prescribed distance and any part of his/her person touches the solid wall at the end of the pool or course. A swimmer must start and finish the race in his/her assigned lane.
  - a. In the backstroke, breaststroke, and the butterfly, the swimmer must comply with the finish requirements for those strokes as defined under the rules for each stroke.
  - b. If completely automatic officiating equipment as described in the current year’s USA Swimming Rules is used, each swimmer must touch the touch plate or pad in his/her lane at the end of the pool or course to have finished the race.

**EXCEPTION:** The 6 and Under 42-foot Freestyle shall have completed the course when any part of the swimmer’s body crosses the plane of the 42 foot designation.

## **RULE II — THE COURSE**

### **A. OUTDOOR ENCLOSED WATER POOLS**

- 1. Length should be 25 Meters with a minimum width of 36 feet (6 lanes) so that each competitor shall have a lane not less than 5 feet wide unobstructed by steps, ladders, fountains, or overhanging pieces which will interfere with swimming or turning.

In L, Z, or T-shaped pools, it is the responsibility of the host pool to provide suitable outside lanes lines to insure against a contestant swimming into the area of or colliding with the exposed corner formed by the L, Z or T shape. In cases where this is not met, the host pool shall be required to use that outside lane (or lanes) regardless of the drawing for lane assignments.

The width of the pools operated by some members of this Association does not permit complete compliance with the rule concerning the minimum lane width of six (6) feet. The minimum width of six (6) feet for each lane is desirable. Notwithstanding, however, the extreme outer lanes may be wider than the inner lanes to compensate for permanently installed ladders or other protrusions.

The same lane spacing requirement shall also be followed for events in which the required distance is the width of the pool rather than the length.

- 2. Lanes shall be numbered with Number One (1) starting from the right, facing the course from the starting blocks.

3. End wall of pool should be parallel and vertical, and so constructed that the competitors can push off in turning with the hands and feet. The walls should extend to a minimum of 3 feet below the surface of the water.
4. The depth of the water should be 4 feet at shallow end, deepening to a minimum depth of 12 feet under the diving boards.
5. If the finish is not at the end of the course, it must be marked by a firmly fastened rope or cable extending the width of the pool and decorated with pennants, triangular shaped, hanging contiguously the width of the pool and touching the water, the tips slightly submerged so as to hang perpendicularly.
6. These requirements are modified to the extent that all existing pools and facilities will be used with the provision that as many requirements be met as physically possible.

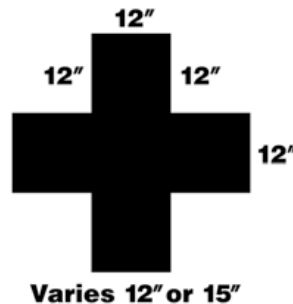
## **B. GUTTERS**

The water in the pools should be maintained at the gutter lip during competition. This results in a more smooth water surface. For those pools having no gutter, the water level should be at least three (3) inches and not more than five (5) inches below the deck level during competition.

## **C. POOL MARKINGS**

Black lines, 10 inches wide, should be painted on the bottom of the pool in the middle of each swimmer's lane. As these lines approach the ends of the pool, they should be discontinued and distinctively cross-marked (T) approximately 4 to 5 feet from the ends of the pool. USS recommended black target lines are desirable on the end walls, 12 inches beneath the surface of the water, 10 inches by 36 inches.

Black target on white wall:



## **D. BACKSTROKE FLAGS**

For all races in which backstroke is swum, at least three (3) triangular pennants of contrasting colors must be suspended over each lane from a line fifteen (15) feet from each end of the course and approximately but not less than seven (7) feet above the water surface. It is desirable to have the pennants be six (6) to twelve (12) inches in width at the base, and twelve (12) to eighteen (18) inches in vertical length.

## **E. STARTING PLATFORMS**

The starting platform should not exceed 2 feet 6 inches above water surface or be less than 18 inches above water surface if the water depth is 5 feet or greater. If the water depth is less than 5 feet the starting platform shall not exceed 2 feet above the water surface or be less than 18 inches above the water surface. The lane numbers shall be visible from all sides of the platform. The surface of the platform should be covered with approved non-slip material and with a maximum slope toward the pool of not more than 10 degrees from the horizontal, with handgrips provided for backstroke starts approximately 18 inches above the water surface. These grips may be either horizontal or vertical and allow a complete grip of the hand. They must not protrude into the pool. The water surface is the surface at gutter lip as in gutters.

## **F. LIGHTING**

Overhead lighting should be emphasized, with concentration directly over finish line and turn and with a minimum of 40-candle power at a 3-foot height above water surface. Underwater lights should be placed only at sides of pool, unless separate control switches are provided for end lights. In all cases, conformance with the current County Electric Code shall be met.

## **RULE III — ELIGIBILITY**

- A. Age group swimming is conducted for swimmers both male and female 18 years of age or under with the following exception:  
**EXCEPTION: Swimmers turning 19 years of age during their Senior Year of high School are eligible to swim only the summer season following their senior year in high school.**
- B. All participants shall be members in good standing of the Greater Dayton Swimming Association member pool of which they are a member, meeting all qualifications as established for the general membership of that pool. The eligibility of a participant for a particular age group event will be determined by his/her date of birth in his/her respective age group. The age of a participant on the first day of June shall govern for the full season. This rule shall be applicable and not subject to revision in any one season.
- C. If a participant is a paid member of two or more GDSA member pools, he/she must make a decision to compete with only one of those teams prior to competing in any tri-meet, and having made that decision, shall not change for the duration of the season.
- D. Prior to competing, each participant must have completed the GDSA Registration form. Registration period will close on July 18 at midnight.
- E. Participants must compete in their respective age groups with these exceptions:
1. Two swimmers per event may be moved up one age group for individual events in a tri-meet, but all must revert to age group status for Semi finals/Finals.
  2. Two swimmers may be moved up one age group for relays in a tri-meet, but all must revert to age group status for Semi-finals/Finals.
- F. To be eligible to participate in the Semi-finals/Finals, a swimmer must compete in a minimum of two regularly scheduled tri-meets per person.

- G. Swimmers who are 6 years and younger **must be officially entered the first two heats of Events #11 and #12 Girls and Boys 42 ft. Freestyle of a meet to fulfill eligibility requirement.** Participation in exhibition heats of Events #11 and #12 Girls and Boys 42 ft. Freestyle **will not fulfill requirement.**
- H. In the event a meet is cancelled or terminated prior to its completion, meet entries will fulfill the eligibility requirement for participation in Semi-finals and Finals Championships.

## **RULE IV — ENTRIES AND SCRATCHES**

### **PART 1**

- A. Participation per individual in GDSA dual and tri-meets, Semi-finals and Final meets shall be limited to five (5) events. A swimmer's entries may not exceed 2 relay events.

**NOTE:**

- 1) **Swimmers will be disqualified for competing in events (relays or individual) more than the maximum allowed by the league.**
- 2) **Swimmers disqualified for competing in more events (relays or individual) than the maximum number allowed will be disqualified from all events swam. The meet occurrence and times achieved will not be eligible for championship requirements or entry times.**

- B. In tri-meets, each team will be limited to four (4) entries for individual events and four (4) relay teams for relay events with the following exceptions:

1. Events #11 & #12 Girls and Boys 6 years and under 42 Ft. Freestyle will include heats of exhibition swimmers. Each pool will provide one catcher in their assigned lanes who must remain behind the 42 ft. rope during all races, including exhibition heats. Catchers will not be permitted to swim along or in front of the competing swimmer. All competitors must be able to swim unassisted in the lane, except in the case of a physical disability that has been cleared with the Head Referee before the Officials meeting prior to the beginning of the meet. Pools may have a second individual (not catcher) in their assigned lanes to assist swimmers after completion of their race to the closest side of the pool while the next race is in progress.

**NOTE:**

- 1) **Swimmers may not be touched, thrown, or pushed into the pool (by parents, coaches, or family individuals etc.) after the Starter's first whistle blow or announcement of the event.**
  - 2) **Such actions will disqualify the swimmer from the event.**
2. Ribbons will be awarded to the top 3 swimmers. Points are awarded as determined by the league with each team limited to 2 swimmers attaining points.
  3. In Semi-finals, each team will be limited to three (3) entries for individual events and two (2) relay teams for relay events. Teams will send one (1) relay onto Finals if two should qualify.
- C. In dual and tri-meets, each swimming coach or his/her representative shall deliver to the Scoring Table not less than one hour before the swimming competition is scheduled to take place, (1) hard copy of Team Roster and (1) hard copy of event entries. Failure of the coach or his/her representative to comply with this will disqualify the swimming team.
- D. If necessary, the list of competitors in a tri-meet may be changed at the Scoring Table up to 5:45 PM. After

the start of Event #1, **only listed alternates** for that event may be substituted by submitting a completed Alternate Form, signed by either the Referee or the Assistant Referee, to the Chief Scorer at least one event prior to the start of the event for which the substitution is being made.

E. In the Semi-finals, each coach or his/her representative shall email to the Entry Chairman by the specified deadline a completed entry file, along with (1) paper copy. Only listed alternates for that event may be substituted at the scratch meeting. Failure of a competitor to report to the Clerk of Course will constitute a scratch from that event only.

**NOTE:**

**1) Once the seated heat has left the Clerk of Course staging area, there will be no Substitution allowed.**

F. In tri-meets and Semi-finals are allowed to have an UNLIMITED number of alternates. In tri-meets, these alternates may be substituted as per rule A above by turning in to the scorer's table, a completed Alternate Form, signed by the Referee or the Assistant Referee at least one event prior to the start of the event for which the substitution is being made. In Semi-finals, individual event alternates may be substituted from the alternate list for that event at the scratch meeting if the swimmer is unable to compete. If a swimmer is removed from an individual event for Semi-finals, the swimmer will not be eligible to compete in any other events for the rest of the championship meets.

G. All relay teams entered in tri-meets and Semi-finals are allowed to list four (4) alternates. In tri-meets, these alternates may be substituted as per rule A above by turning in to the scorer's table, a completed Alternate Form, signed by Referee or the Assistant Referee at least one event prior to the start of the event for which the substitution is being made. In the Semi-finals, relay team alternates may be substituted from the alternate list for that event at the scratch meeting if the swimmer is unable to compete. If a swimmer is removed from a Semi-finals relay entry, the swimmer will not be eligible to compete in any other events for the rest of the championship meets.

**NOTE:**

**1) A swimmer entered in a relay team may not be listed as an alternate for that Relay event.**

**2) For Semi-Finals, the fastest relay from each team will qualify for Finals. Any open remaining lane assignments for Finals will be filled according to Semi-Final finish times.**

**3) At Finals with only one (1) relay per team may score points.**

H. The four who qualify a relay in Semi-finals must be the four who swim the event at Finals with one exception. In case of illness or injury of one of the four, one listed alternate may swim in Finals and the person who is ill will not be allowed to swim in any other event. If the illness or injury occurs during Finals, the Referee will make a decision as to that person's eligibility for the remainder of the meet. Any other circumstances would result in the 7<sup>th</sup> place team swimming in the lane of the disqualified team.

I. Each competitor shall inform himself/herself of the time of starting and shall report to the proper meet authorities upon arrival at the site of the competition.

J. In Semi-finals and Finals, each competitor shall report to the Clerk of Course prior to the start of each race in which he/she is entered, and failure to so report shall disqualify him/her from that race or competition. See RULE IV, Part 1, E and RULE IX, E1.

**PART 2**

A. Swimming Events for both girls and boys:

<b>Breaststroke</b>		<b>Butterfly</b>	
7-8	25 Meters	7-8	25 Meters
9-10	25 Meters	9-10	25 Meters
11-12	25 Meters	11-12	25 Meters
13-14	50 Meters	13-14	50 Meters
15-18	50 Meters	15-18	50 Meters
<b>Freestyle</b>		<b>Backstroke</b>	
6 & Under	42 Feet	6 & Under	25 Meters
6 & Under	25 Meters	7-8	25 Meters
7-8	25 Meters	9-10	25 Meters
9-10	25 Meters	11-12	25 Meters
11-12	50 Meters	13-14	50 Meters
13-14	50 Meters	15-18	50 Meters
15-18	50 Meters		
<b>Individual Medley</b>			
10 & Under		100 Meters	
11-12		100 Meters	
13-14		100 Meters	
15-18		100 Meters	
<b>Medley Relay</b>		<b>Freestyle Relay</b>	
8 & Under	100 Meters	8 & Under	100 Meters
9-10	100 Meters	9-10	100 Meters
11-12	100 Meters	11-12	200 Meters
13-14	200 Meters	13-14	200 Meters
15-18	200 Meters	15-18	200 Meters

B. Coaches/Senior End of the Regular Season Relay (Event #75)

1. Relay to be held at the end of the last meet of the regular season.
2. Relay to follow regular scheduled events.
3. Host Pool to notify visiting teams one week prior to the meet to provide an opportunity for other teams to participate.
4. Host Pool to advise Head Referee, Officials, and Announcer of the inclusion of the relay event.

**RULE V — LANE ASSIGNMENT**

- A. In GDSA, lane assignments for tri-meets will be assigned with the schedule at the beginning of the year.
- B. Lane assignments for Semi-finals will be by CHAMPIONSHIP seeding. For example, seeding will go as follows:

<b>Qualifying Swimmer</b>	<b>Heat</b>	<b>Lane</b>
Fastest swimmer	3	3
2nd fastest	2	3
3rd fastest	1	3
4th fastest	3	4
5th fastest	2	4
6th fastest	1	4

Placement of swimmers continues in this fashion with lanes 2, 5, 1 and 6.

- C. All individuals and relay teams must swim in the Semi-finals to obtain a time to be used in lane assignments in the Finals.
- D. In GDSA Finals, the swimmer or team having the slowest qualifying time shall be placed in the left outside working lane (swimmer's left) and the next slowest time in the right outside working lane, then alternately left and right until the swimmer with the best time is in the approximate center of the course, regardless of the number of lanes. If any qualifying competitors have the same time, their respective lanes shall be determined by draw. This draw can be made by the Referee at the Semi finals. (With 6 lanes, the order is 5-3-1-2-4-6 for lanes 1-6 in that order).
- E. Where an alternate swimmer or relay team is used in the Finals, that competitor shall swim in the lane of the scratched entry.
- F. Lanes will be assigned to teams at tri-meets as follows, except as provided in RULE II, A)
1. For individual events & relay events – the first team listed shall have lanes 1 and 4; the second team listed shall have lane 2 and 5; and the third team listed shall have lanes 3 and 6.

## **RULE VI — SWIMWEAR**

- A. Swimmer's cap must be of a solid color, representative of their GDSA team, or a novelty cap.
  - 1. Caps worn from teams not represented in the league will not be accepted and are in violation of the rule.
  - 2. Swimmers wearing illegal caps will be disqualified from the event swim.
- B. Swimwear worn by swimmers shall be limited to the following requirements:
  - 1. Only one-piece swimsuit shall be permitted in competition
  - 2. Constructed of a woven/knit textile material
  - 3. Permeable (100 percent to air and water)
  - 4. Made without zippers or other fastening system other than a waist tie for a brief or jammer and elastic material within the casing/ribbing in the terminal ends (straps, leg openings, and waist openings)
  - 5. Constructed so that the style/shape of the suit abides by the following:
    - a) Male swimwear does not extend above the waist nor below the top of the knee cap
    - b) Female swimwear does not extend beyond the shoulders nor below the top of the knee cap, nor cover the neck
- C. Swimmers may not wear any visible metal jewelry during competition with the only exception of metal medical bracelets. Then all metal medical bracelets must be completely taped to the skin during competition.
- D. The Referee shall have the power to bar offenders from competition until they comply with the rules.

## **RULE VII — DISQUALIFICATIONS AND PROTESTS**

- A. A disqualification can be made only by the official within whose jurisdiction the infraction has been committed. The Referee or designated official making a disqualification shall make every reasonable effort to seek out the swimmer or his/her coach and inform him/her as to the reason for disqualification. Any swimmer who acts in an unsportsmanlike manner may be considered for disciplinary action, at the discretion of the Meet Referee.
- B. A swimmer must start and finish the race in his/her assigned lane.
- C. Standing on the bottom of the pool during the race shall not disqualify a swimmer, but he/she must not leave the pool, walk, or propel himself/herself by pulling on the rope or side of the pool, or spring from the bottom.
- D. Obstructing another competitor by swimming across, or otherwise interfering shall disqualify the offender, subject to the discretion of the Referee.
- E. Any contestant not entered in a race who enters the pool or course in the area in which said race is being conducted before all contestants therein have completed the race shall be disqualified from his/her next competition in that day's session. Dipping goggles in the water or splashing water on the competitor's face or body prior to his/her next event shall not be considered as entering the pool unless the Referee finds that such in interfering with the competition.
- F. Should a foul endanger the change of success of a contestant, the Referee shall have power to allow him/her to swim in the next round, or should the foul occur in a tri-meet or Finals, he/she may order a re-



swim. In the case of a collusion to foul another contestant, the Referee may, at his/her discretion, disqualify the swimmer for whose aid the foul was committed, as well as the swimmer doing the fouling.

- G. Coaches having entrants in any event on the program shall not be allowed upon the starting platform of swimming pools, which must be clearly marked, during the progress of any competition. Upon being apprised of a violation of this rule, it shall be the duty of the Referee to remove, or have such offender removed, immediately. Coaching of swimmers during the progress of an event shall not be permitted. It shall be permissible for coaches or others to signal intermediate times to a swimmer during the competition, and this shall not be considered as coaching.
- H. No swimmer is permitted to wear or use any device or substance to help his/her speed or buoyancy during a race. Goggles can be worn, and rubdown oil applied if not considered excessive by the Referee.
- I. There shall be no "head catching" at the turn or finish during the backstroke. Such action will be deemed interference and result in disqualification of the competitor by the Referee.
- J. "Catchers" used in the 6 and Under 42 Foot events shall not reach across the designated finish line to "catch" a competitor. The competitor must complete the entire 42 feet of the event. Violations on the part of the "catchers" will disqualify the competitor at the discretion of the Referee.
- K. Swimmers may not be touched, thrown, or pushed into the pool (by parents, coaches, or family individuals etc.) after the Starter's first whistle blow or announcement of the event. Such actions will disqualify the swimmer from the event.
- L. Swimmers will be disqualified for competing in events (relays or individual) more than the maximum events allowed by the league.

**NOTE:**

**1) Swimmers disqualified for competing in more events (relays or individual) than the maximum number allowed will be disqualified from all events swam. The meet occurrence and times achieved will not be eligible for championship requirements or entry times.**

- M. For relay disqualifications, see Rule I.E.3.
- N. For scratch disqualifications, see Rule IV, Part 1. F.
- O. Protests
  - 1. Protest affecting the right of any athlete to compete in any race shall be made in writing by the team's Head Coach to the Referee before the race is held, and if the Referee deems it advisable, the athlete may compete under protest and it shall be so announced before the race.
  - 2. Any protest arising from the competition itself shall be made to the Referee verbally by the coach or club GDSA representative of the affected swimmer or team within 30 minutes after the race in which the alleged infraction took place, and the protest shall be resolved immediately.  
**NOTE: Race results will not be overturned using recorded video finishes from coaches or parents.**

3. No coach or parent shall verbally confront a Stroke & Turn Official or the Scorer's Table. Failure to comply may result in ejection by the Referee.

**RULE VIII — OFFICIALS**

- A. For each GDSA tri-meet, the officials listed below are the minimum that shall be assigned to handle each meet. All officials may be members of the competing clubs. The referees and starters shall be certified by the Greater Dayton Swimming Association.

1. TRI-MEETS

<b>Host Team***</b>	<b>Visiting Teams – each to provide:</b>
Meet Director	Starter or Referee and Assistant Referee per schedule
Announcer	6 Timers with watches
1 Stroke & Turn Judge	1 Stroke & Turn Judge
1 Head Timer with 2 watches	2 Relay Take-off Judges
6 Timers with watches (if possible, alternate with watch)	Bullpen Marshals
Head Scorer & Scoring Table (Scorers, Recorder, & Ribbon Sorters)	*** Host team should provide sufficient marshals to keep order and quiet.
Medical Services	

2. There should be a minimum of 18 watches and timers, three (3) watches and timers per lane. Each club is to provide 6 Timers with watches, host team to provide 1 Head Timer with 2 watches.

3. SEMI-FINALS AND FINALS

Same as for tri-meets except Starter, Referee, Assistant Referee, Announcer, Timers and Judges as assigned by GDSA at the July meeting. There is to be a Chief Stroke & Turn Judge with five (5) judges and an alternate. Ideally, all assigned officials should be representatives of the participating pools. Each team is responsible for supplying three (3) watches plus 3 new backup batteries (AAA) for Semi-finals and Finals.

**RULE IX — MEET IRREGULARITIES**

- A. The Referee and the Meet Director, in conjunction with the GDSA representatives that are present, shall have the power to call off or postpone completion due to weather or swimmer safety following the guidelines listed below.

1. Air temperature must be at least 68 degrees by 6:00 PM in order to conduct meet.

2. Cancellation notification due to potential severe threat of weather during meet time and/or Air temperature less than 68 degrees by 6:00 PM must not occur before 3:00 PM.
3. In the event of weather delays prior to the start of meets, Swim Event #1 must start by 8:00 PM. If Swim Event #1 competition cannot start by 8:00 PM, the meet will be Cancelled and considered as a "Meet Occurrence"\* for the swimmers entered in meet.
4. No events will begin after 10:30 PM.
5. A Tri-meet cancelled or terminated prior to the final event will be considered as an Official "Meet Occurrence"\* and will not be rescheduled.  
**\*NOTE:**
  - a) **Meet cancellation notification to be called after 3:00 PM.**
  - b) **A cancelled or terminated meet will be considered as a "Meet Occurrence" for The swimmers entered in events of the involved meet to fulfill Semi-final Championship eligibility requirements.**
  - c) **Times achieved in events swam prior to the termination of the meet can be used for Semi-final Championship Entry Times.**
6. Entries results from a cancelled or terminated tri-meet are to be forwarded to the GDSA Secretary by the host pool.

## **RULE X — DUTIES OF OFFICIALS**

No official shall have any other duties unless specified by the Referee. All officials shall report to the Referee one-half hour prior to the starting time of the events at which they will officiate.

### **A. REFEREE**

1. He/She shall have full authority over all officials except when a safety hazard proclamation has been issued by the Meet Director, and shall assign, and instruct all officials accordingly. He/She shall enforce all the rules and decisions of the GDSA, 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. He/She can overrule any meet official on a point of rule interpretation, or on a judgment decision pertaining to an action which he/she has personally observed.
2. He/She shall signal the starter that all officials are in position, that the course is clear, and that the competition can begin, before each race. He/She shall assign Marshals with specific instructions.
3. He/She shall give a decision on any point where the opinions of the judges differ. He/She shall have authority to intercede in a competition at any stage after the start, to insure that the racing conditions are observed.
4. He/She may at his/her discretion prohibit the use of any bell, siren, horn or other artificial noisemaker during the meet.
5. Refer to Section on Rule VII Disqualifications and Protests.
6. The Assistant Referee's Duties shall be at the discretion of the Meet Referee.

7. The Head Referee has the authority to eject from the venue any spectators, swimmers, coaches, meet volunteers, and officials for any physical and/or verbal abusive or unsportsmanlike behavior.

## **B. STARTER**

1. The host pool is responsible for supplying the start cart.
2. The starter shall take a position within ten feet of the starting edge of the pool where the timers can see the flash and the swimmers can hear the report.
3. The Referee determines that all officials and swimmers are ready and signals (preferably by whistle) that the race is ready to begin, at which point the Starter assumes control of the swimmers until the race is properly under way.
4. He/she explains to them:
  - a. The distance to be covered
  - b. The stroke or strokes to be used and in what order
  - c. The number of lengths to be covered.
5. On receiving clearance from the Referee (for all events except Backstroke and Medley Relay) directs swimmers to step onto the back surface of the starting block or platform with both feet the same distance from the front edge and remain there.
6. He/She directs swimmers to 'take your mark' to which they must immediately respond by assuming a starting position with at least one foot at the front edge of the starting block or platform. Sufficient 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.
7. He/She can, with the concurrence of the Referee, disqualify swimmers for delaying the start by entering the water upon taking the starting position, or for willfully disobeying an order on the start, or for any other misconduct taking place at the start.
8. When the starter sees that all are set, the starting signal shall be given.
9. FALSE STARTS – When a swimmer false starts before the starting signal is given, the starter shall immediately release all other swimmers with the command "STAND UP". Any swimmer so released may stand up or step back off the block. Any swimmer who enters the water (or backstroker who leaves the starting area) shall be charged with a false start, except that the starter may relieve a swimmer who would otherwise be charged with a false start if the starter believes that it was caused by the swimmer's reaction to the command.
10. Any swimmer or relay team charged with two (2) false starts must be disqualified and shall not swim the event.

## **C. JUDGES**

Shall have jurisdiction over the swimmers immediately after the race has begun.

1. **STROKE AND TURN JUDGES** – Shall operate on both sides of the pool, preferably walking abreast of the swimmers during all strokes except freestyle; ensure that the rules relating to the style of swimming designated for the event are being observed; ensure that when turning and finishing the swimmer complies with the turning or finishing rules applicable to the stroke used; and report any violations to the Referee on signed slips detailing the event, the heat number, the lane number, the swimmer's name and the offense.
2. **JURISDICTION OF STROKE AND TURN JUDGES** – Before the competition begins the Referee shall determine the respective areas of stroke and turn responsibility and jurisdiction, which may include joint concurrent, and coordinated responsibility and jurisdiction. The Referee shall insure that all swimmers shall have fair, equitable and uniform conditions of judging.
3. **RELAY TAKE-OFF JUDGES** – Two or more side take-off judges shall be assigned to observe relay exchanges. If there are more than three lanes to be observed, additional judges will be assigned so that no judge is assigned to observe more than three lanes. After the start of the race, relay take-off judges shall position themselves, on each side of the course, so that they can see clearly both the touch of the incoming swimmer and the feet of the departing swimmer 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. Upon observing an infraction of the take-off rule, the take-off judge shall immediately record the infraction in writing. A disqualification will result only if there is dual confirmation of an infraction by the judges on both sides of the course and reported to the Referee. The infraction hand signal shall not be used.
4. **INFRACTION SIGNAL** – Upon observing an infraction within their jurisdiction, Stroke and Turn Judges shall immediately raise one hand overhead with open palm.

#### **D. TIMERS**

1. In any race in a dual or tri-meet, the time on each lane shall be taken by three (3) Official Timers stationed directly over the finish in their assigned lanes. The head timer shall supply a time for any malfunction of a watch or problem with a timer's ability to get a time.
2. At Semi-finals, two (2) Official Timers will be required on each lane.
3. In tri-meets, assignment of Official Timers will be such that one timer from each pool is positioned in each lane. There shall be no more than two (2) timers from the same pool in a lane. In the Semi-finals and Finals, lanes will be assigned by the Head Timer.
4. The Head Timer will assign duties of recording timers to each lane.
5. Each timer shall look at the Start cart and start his/her watch at the instant of the flash of a strobe light.
6. All watches shall be stopped when in the opinion of the timer any part of the swimmer's body touches the solid end of the pool or course. In 6 and Under 42 foot races, all watches shall be stopped immediately when any part of the swimmer's body passes through the vertical plane extending upward and downward from the end of the rope or pennant finish line. NOTE: It is not the responsibility of the Lane Timer to judge if the finish touch meets the requirements of appropriate stroke rule.

7. To start and stop the watch, the Timer shall use the joint of the index finger and shall take out the play in the watch just before the starting signal is given.
8. Using digital hand-held electronic watches, record time to the hundredth of a second.
9. There will be one official alternate timer with two (2) watches who shall start his/her watch on every race with the flash of the strobe light and whose time shall be used should any official watch fail to function properly.
10. If the time of three Official Watches agree, that time shall be the Official Time. If all three watches disagree the time of the intermediate watch shall be the Official Time. If times from only two watches are available, the average of the two watches shall be the Official Time. The averaging shall be done at the scoring table.
11. When electronic equipment is used, refer to current USS Rule Book with the exception of those statements pertaining to records.

#### **E. CLERK OF COURSE**

1. For 10 Yrs. and Younger Semi-Finals and GDSA Finals, the Clerk of Course shall be provided with a list of the names of all competitors entered in all events, by the Meet Referee. He/She shall have all contestants assembled in designated areas prior to each event. He/She shall instruct coaches of reporting procedure and shall have the authority to disqualify any contestant who does not follow procedure if such violation interferes with the progress of the meet. Such disqualifications must have the approval of the Referee and it must be determined that the violation is the fault of the competitor.

**NOTE: For 11 Yrs. and Older Semi-Finals, it is the responsibility of each individual pool's Clerk of Course Official to insure their competitors are in positioned in the assigned lane either behind the blocks and/or Relay Take Off before the start of each race. Failure of an individual and/or Relay Team to be position in the assigned lane at the start of the race will result in disqualification.**

2. At 10 Yrs. and Younger Semi-Finals and GDSA Finals, the Chief Clerk of Course assigned by the host pool shall instruct the Assistant Clerk of Course assigned by the visiting pools of the proper reporting procedure for the swimmers. Each swimmer must check in with the Clerk of Course or Assistant before reporting to the starting block. If the swimmer fails to report, the timer's card for his/her assigned lane should be marked "no swimmer" and given to the head timer at the end of that event.

**NOTE: For 11 Yrs. and Older Semi-Finals, it is the responsibility of each individual pool's Clerk of Course Official to insure their competitors are in positioned in the assigned lane either behind the blocks and/or Relay Take Off before the start of each race. Failure of a swimmer and/or Relay Team to be position in the assigned lane at the start of the race will result in disqualification.**

3. At 10 Yrs. and Younger Semi-Finals and GDSA Finals, the Chief Clerk of Course shall notify each swimmer to wait behind or adjacent to the starting position until the Starter takes over control of the race and if they leave the area it will be their responsibility to return in time for their heat or event.

4. If at Finals a swimmer has not reported to the Clerk of Course and sitting in the assigned chair for the event heat lane by the time their event heat stands to walk to the blocks, the alternate swimmer will, IF READY, by the official swimmer in the lane of the late swimmer.

#### **F. MARSHALS**

1. They shall have full police charge of the starting platform, the sides of the course, and the finish. They shall take positions as instructed by the Referee and maintain quiet in the rear of the starting platform at each start, prevent spectators or competitors crowding in on the course and absolutely preventing anyone entering the area at the finish line but officials.
2. Each team shall provide a marshal or marshals to maintain order in their bullpen areas.

#### **G. ANNOUNCER**

1. Before the start of each event, he/she shall announce the event, type of event and at the start of each heat he/she shall announce the lane, the name of each competitor and club affiliation. He/she shall announce the results of each event as given to him/her by the Scorer as soon as practicable but without delaying the start of the next event. He/She shall make any other announcement as requested by the Referee, the Clerk or the management.

#### **H. MEDICAL SERVICES**

1. Each host club will assure that medical services and normal medical facilities are available during tri-meets, Semi-finals and Finals events.

#### **I. MEET DIRECTOR**

1. He/She is responsible for preparing proper facilities for the meet, including team areas, pool and lane preparation, spectator areas, control, public address equipment, and any and all other physical equipment necessary to start the meet at the assigned time. He/She should be associated with the host pool and may be the pool manager.
2. The GDSA Representative shall see that a complete scoring table is arranged, provide all paper supplies and host personnel as set forth in the GDSA Rules.
  - a. Two printers must be available during Championship Meets in the event the first printer fails to operate. If the second printer fails during the Championship Meet, the meet will be suspended until a working printer can be set up.
  - b. Host Pool of the Championship Meet shall provide the printers and software files.
3. The Meet Director is responsible for maintaining surveillance of all pool safety regulations and procedures to include hazardous equipment, malfunctions, and weather. Decision to suspend swimming activity due to safety considerations can be made by either the Meet Director or the Referee.
4. The Meet Director has the authority to eject an official, meet worker, swimmer, coach, or spectator from the meet venue for any verbally abusive or unsportsmanlike behavior. The ejected individual will not be able to reenter the venue for the remainder of the meet.

## **J. SCORERS**

1. They shall determine and circle the official time as described in Rule X. D. 10. and provide data entry person with official times of the swimmers for each event.
2. They shall record disqualifications as given them by the Referee or as marked on the timer's sheet by Referee.
3. All new swimming records must be dated, signed by the 3 Timers in that lane, the Head Timer, Head Referee, Assistant Referee, and at least one computer scorer. The form is attached to the results sheets and forwarded to the Records Secretary. Using digital watches in order to best a record recorded to .0 (1/10), the digital time must be at least .10 (10/100) better. Times .09 seconds or less or equal to the existing record are to be recorded as ties. In order to break a record recorded in hundredths (.XX), one needs only to improve by one hundredth. (.01).

**NOTE: The name of the swimmer originally breaking a swimming record will be considered the "Record Holder" and will be posted on the GDSA website.**

## **K. DATA ENTRY PERSON**

1. He/She shall obtain the results of each event from the scorers and prepare a complete record: event, competitor's name, team, time, order of finish and nature of disqualification (if any), and team scores.
2. He/She shall make a copy for each coach, one for the GDSA Records Secretary, and one or more for local papers, and shall distribute them as soon as possible after the completion of the meet.

## **RULE XI — AWARDS AND SCORING**

### **A. AWARDS**

1. Ribbons will be awarded to first, second and third individual places in all age groups in all GDSA swimming tri-meets. Ribbons will be awarded to first, second and third relay team to all age groups.
2. In the Finals, the awards committee will set the awards to be presented to individuals and teams subject to the approval of the GDSA Board.
3. Entry fees for Semi-finals will be determined annually by the GDSA Board.
4. In the case of ties in tri-meets and Finals, duplicate awards will be made where possible.

### **B. SCORING**

In GDSA tri-meets and Finals, points will be awarded as follows:

<b>FOR INDIVIDUAL EVENTS</b>
------------------------------



First Place	7	Fourth Place	3
Second Place	5	Fifth Place	2
Third Place	4	Sixth Place	1

<b>FOR RELAY EVENTS</b>		
	<b>Tri-meets (all age groups)</b>	<b>Finals (all age groups)</b>
First Place	7	14
Second Place	5	10
Third Place	4	8
Fourth Place	3	6
Fifth Place	2	4
Sixth Place	1	2

1. For Dual and Tri-meets, a timing system consisting of three individual lane timers, each operating a manual watch that is both started and stopped by the timer. In the event of a lane watch malfunction at the start or during an event, the individual lane timer shall obtain a watch from the Head Timer.
2. The time of each watch is recorded and the Official Time for the lane is established as follows:
  - a. If the time of the three Official watches agree, that time shall be the Official Time.
  - b. If two of the three watch times agree, that shall be the Official time.
  - c. If all three Official watches disagree, then the time of the intermediate watch shall be the Official Time.
  - d. If missing a stop watch time, the average of the recorded two times shall be the Official Time.
  - e. If only watch time is available, the time of that button shall be the Official Time.
  - f. The Chief Scorer provides the data entry person with the Official times for the swimmers.
3. The Chief Scorer shall communicate to the data entry person of disqualifications.
4. For Tri-Meets, points will be awarded as determined by the league with each pool limited to the top 2 finishers per individual and relays events per team attaining points.
5. In the case of a tie, a swim-off will be held in the center lanes. Lane assignments will be at the discretion of the Meet Referee. Swim-offs for Semi-finals will be held at the end of that evening's meet for 6th place ties only. The outcome of the swim-off will determine who earns 6th place and who will be 1st alternate. Ties for 7th or 8<sup>th</sup> place will be broken by a swim-off at the end of the meet. Lane assignments will be at the discretion of the Meet Referee. The timing system will be consistent with the rest of the meet.

### **C. SCORING DISQUALIFICATIONS**

1. When a team or individual is disqualified, the following places will move up accordingly and points awarded to conform to the new places.
2. Where two or more competitors tie for any place, the points shall be added together and divided by the number of competitors tying. In such cases no award shall be given for the place or places immediately following the tie position or positions. (Example: If there is a tie for second, there would be no award for third place.)

### **D. FILLING OUT HEAT SHEET**

1. Heat sheets will be printed from the computer prior to a meet once computer USB flash drives with lineups have been received from coaches and loaded to the computer.
2. Full names are used, not initials.
3. After tri-meets and at Semi-finals and Finals, result sheets will be printed for each team present and one for the Records Secretary.
4. Results with swimmers' times and any disqualifications are to be posted during the progress of Semi-finals and Finals.
5. Placing of qualifiers in lanes for Finals is with the fastest in Lane 3, next fastest in Lane 4, Lane 2, Lane 5, Lane 1 and Lane 6. Lane assignments will be done after Semi-finals on the computer.
6. Timer's sheets are computer generated from the heat sheets.
7. A final results sheet of the championship (Semi-finals and Finals) is printed during the progress of the meet. At least 10 copies should be made. This depends on the facilities of the Host pool for reproducing the results.

### **RULE XII — OBTAINING TRI-MEET RESULTS**

- A. Results for each tri-meet will be posted on Swimtopia following the meet.

### **RULE XIII — WARM UP PROCEDURES**

- A. Coaches shall be on deck and alert at all times during the warm-up period.
- B. During general warm-up period, swimmers will enter the pool feet first from the deepest end of the course. One of the swimmers' hands must remain in contact with the deck at all times during entry.
- C. During the last three minutes of the warm-up period, the referee shall signal by a long blast of his/her whistle that the starting platforms may be used for practice starts. During this time, all swimmers shall swim in one direction only. Swimmers must exit the pool upon reaching the opposite end of the starting platform. Swimmers may practice starts only upon a command from his/her coach.

### **RULE XVI – ADHERENCE TO OHIO DEPARTMENT TO HEALTH RETURN TO PLAY LAW**

- A. The Ohio Department of Health (ODH), under the Return to Play Law, requires coaches and referees of youth sports organizations to successfully complete a training program every three years concerning concussions and head injuries and recognizing symptoms.
- B. GDSA will require Coaches, Officials, and GDSA Representatives to complete the free on-line training via the CDC. The following is the link to access the training program:

<https://www.cdc.gov/headsup/youthsports/training/index.html>

- C. In accordance to the ODH Return to Play Law, GDSA will require the following:

- 1) **Coaches** will complete the free on-line training and submit certificate of completion to GDSA Representative by the first day of official practice.
- 2) **Officials** will complete the free on-line training and submit certificate of completion to GDSA Representative by the first scheduled regular swim meet.
- 3) **GDSA Representatives** will complete the free on-line training and submit certificate of Completion by the first day of official practice.

**\*NOTE: If a coach, official, and/or GDSA Representative has already completed an on-line concussion training with an Ohio Department of Health approved organization (NFHS, NAYS, or CDC) within the last three years, they just need to provide proof of completion to team's GDSA Representative.**

- D. The following is the link to access the training program:

<https://www.cdc.gov/headsup/youthsports/training/index.html>

- E. The Ohio Law (ORC 3707.511) also requires youth sports organizations to provide parents/guardians a concussion fact sheet. GDSA will use the free fact sheet from the ODH (attached).

- 1) The GDSA Representatives for the individual pools will create a form to be kept with the individual team documents showing parents have received the fact sheet.

- F. A Concussion fact sheet (attached) must be kept on file in Pool Managers office as reference in the event of a potential brain injury.

- G. Pools will keep an ODH MEDICAL CLEARANCE TO RETURN TO PLAY AFTER SUSPECTED CONCUSSION Forms in Pool Manager's office for Head Referee or Asst. Referee to fill out in the event of a swimmer suspected of experiencing a brain injury and/or concussion.

- 1) Parents/guardians will be given the form must have a physician or licensed healthcare provider assess swimmer and clear to return.
- 2) Swimmer must be medically cleared to return with completed form turned into Coach and GDSA Representative to keep on file.

- H. GDSA Procedure for suspected concussion and/or possible brain injury: In the event a is displaying signs and/or symptoms of a possible brain injury or concussion, (in

compliance with Ohio Return to Play Law), will be the following:

- 1) The swimmer will be removed from competition.
- 2) The parents/guardians and coaches are to be advised of the swimmers removal from competition.
- 3) Head Referee and/or Asst. Referee will fill out the top section of the ODH MEDICAL CLEARANCE TO RETURN TO PLAY AFTER SUSPECTED CONCUSSION Form and give form to parents/guardians of swimmer suspected of experiencing a brain injury and/or concussion.
- 4) The parents/guardians will be advised to have the swimmer evaluated by a healthcare provider immediately.
- 5) The swimmer will not be permitted to practice or compete until medically cleared by a healthcare provider as evidenced by a completed the ODH Medical Clearance to Return to Play After Suspected Concussion form to coach (in accordance to Ohio Law) and the Pool GDSA Representative.

#### **RULE XVII – ADHERENCE TO OHIO DEPARTMENT OF HEALTH LINDSAY’S LAW**

- A. The Ohio Department of Health (ODH), under the Lindsay’s Law, requires coaches, parents/guardians, and athletes of youth sports organizations to view a training video and review written materials every season concerning sudden cardiac arrest in youth, recognizing symptoms, appropriate interventions, and athlete’s return to participate requirements.
- B. GDSA will require Coaches, Officials, and GDSA Representatives to the free on-line training video. The following is the link to access the training program:  
[https://www.youtube.com/watch?v=h3teQ3\\_hoQ&feature=youtu.be](https://www.youtube.com/watch?v=h3teQ3_hoQ&feature=youtu.be)
- C. In accordance to the ODH Return to Lindsay’s Law, GDSA will the require the following:
  1. **Coaches** are mandated to watch the training video session and review the Ohio Department of Health document “Sudden Cardiac Arrest and Lindsay’s Law Information for Coaches prior to the first day of practice.
  2. **Officials** are mandated to watch the training video and review the Ohio Department of Health document “Sudden Cardiac Arrest and Lindsay’s Law Information for Officials” prior to the first day of practice.
  3. **Athletes and Parents/Guardians** are to watch the training video, review the “Sudden Cardiac Arrest Information Handout”, and return a signed copy of the handout to their GDSA Representative prior to the first day of practice.
  4. **GDSA Representative** will maintain records of proof of compliance to the law.
- D. The Ohio Law (ORC 3315.5310) also requires youth sports organizations to provide parents/guardians “Sudden Cardiac Arrest Fact Sheet”. GDSA will the free fact sheet from the ODH.
  1. The GDSA Representatives for the individual pool will create a form to be kept with the

Individual team documents showing parents have received the fact sheet.

E. A “Sudden Cardiac Arrest Form” form must be kept on file in Pool Managers Office as reference in the event an incident is suspected.

F. GDSA Procedure for a swimmer fainting or near fainting during or following swim practice and/or Competition in avoidance of a sudden cardiac arrest (in compliance with OAC 3707.58) will be the Following:

1. The swimmer will be removed from competition.
2. The parents/guardians and coaches are to be advised of the swimmers removal from competition.
3. The Swimmer must undergo a physical evaluation by either of the following healthcare Professionals:
  - a. Physician
  - b. Advanced Nurse Practitioner
  - c. Physician’s Assistant
  - d. Clinical Nurse Specialist
  - c. Athletic Trainer
4. A written note from the healthcare provider conducting the physical evaluation granting permission for the swimmer to return to practice and/or competition must be submitted to the coach.
5. The written note will be kept on file with team documents for the remainder of the season.