

ABE SWIM LEAGUE

RULES AND REGULATIONS

REVISED June, 2023

The ABE SWIM LEAGUE will abide by the National Federation Rules and Regulations with the following exceptions:

1.0 ELIGIBILITY AND AGE GROUP

- 1.1 All competitors must be members in good standing as defined by their respective swim club. A member in good standing is defined as a full season membership for the specific season a swimmer is competing. Permitted membership will include Family and/or Individual memberships as defined under the guidelines of each Club's By-Laws. This does include grandchildren of the respective Club and/or Country Club as long this is specified as part of the club's membership guidelines.

With respect to Life Guards and other pool employees; swimming eligibility will be granted in cases where a club membership is provided as part of their compensation package. Family of coaches or other designated Pool Employees will also be eligible for League competition in cases where club membership is a benefit of their compensation package.

Clubs shall not create a special swim team only membership.

In conjunction with membership requirements stated above all competitors must also qualify for all other eligibility requirements as stated within this document.

- 1.2 During any one season, an individual may compete for only one team within the ABE League. A swimmer or diver may swim or dive for a USA swim/dive club concurrently or unattached in any Invitational Meet outside of League competition. A swimmer may not participate on another ABE League team nor similar summer league team concurrently during the same season. If a swimmer or diver is found in violation of this rule, they will be suspended from the ABE League for the remainder of the season.
- 1.3 Age group eligibility will be based on a competitor's age as of May 31 of the current year (ex. A competitor turning 13 on June 1 or later in the current year is considered to be a 12 year old for the current season). *Eligibility is restricted to competitors 18 years of age or less on May 31.* The age groups are: 8 and under, 9-10, 11-12, 13-14, and 15-18 up to the maximum age eligibility requirement as stated above. Competitors who turn 19 prior to the summer following their senior year will be eligible.
- 1.4 In the Championship Meet and in all dual meets, all swimmers and divers must compete in their respective age groups with the exception that swimmers in the 9 to 10 age group may compete in the 11 to 12 age group Individual Medley.

2.0 MEET MANAGEMENT – DUAL MEETS

- 2.1 The home team will have the choice of which official lanes they will use in all dual meets. The head coach or team representative will communicate this to the league secretary prior to the pre-season meeting to be included on the league contact sheet. In addition, team representatives shall furnish information regarding whether their pool is a meter or yards pool for the same document. See [Appendix C](#).
- 2.2 The order of events will be as follows: Medley Relay, Freestyle, Individual Medley, 10 & U Free Relay (Exhibition), Diving, Butterfly, Backstroke, Breaststroke, and Crescendo Free Relay. The full order of events is listed in [Appendix D](#).

Events 21 through 24 (Diving) during the dual meet season may be moved to the beginning of the meet if agreed to by both coaches and the Meet Referee.

- 2.3 The home club must have available at the scorer's desk a copy of the ABE League Rules and Regulations and a current copy of the National Federation Swimming and Diving Rule Book.
- 2.4 The National Federation jewelry rule shall not apply. All swimmers must wear caps that represent their summer swim club or are a solid color. No tech suits are allowed in ABE meets.
- 2.5 Protest of rule infractions will be handled as follows: Infractions of the rule must be brought in writing to the attention of the Meet Referee no later than thirty (30) minutes following the last event of the meet. The referee's decision will be final, except that League Meet Management rule interpretations may be appealed in writing to the President of the ABE League within 24 hours of the end of the meet. *Protest Card* - [Appendix E](#)
- 2.6 The maximum number of individual events is 3. Athletes may compete in a maximum of 4 events per meet. Diving and each exhibition event count as an individual event.
- 2.7 Coaches may change the entries for an event # by informing the scorers table and meet referee at least two event #s prior to the one in which entries are to be changed. This change must be made before the start of the preceding two event #s. Lineup changes to the first two (2) events are permitted until the first event is announced.
- 2.8 In dual meets each club shall endeavor to furnish half the required officials. It is the duty of the home club to provide a PIAA official as referee. The assignment of the officials is at the referee's discretion.

If an unusual situation develops that prevents a PIAA Official being available, the dual meet may take place if --

- A USA/YMCA Official is available
- Both coaches agree to someone other than a PIAA Official running the meet.
- The president of the League shall be notified when this occurs

2.9 In dual meets each club shall furnish the required officials. In addition to Starter/Referee (who will serve as a diving judge).

The Host Club shall supply:

- 1 finish judge
- 1 Stroke & Turn Judge
- 1 Timer Per Lane
- 1 Back-Up Timer
- 2 Scorers – *1 needs to know how to score diving*
- Announcer
- Runners (at least 1, more as determined by the home team)
- 2 Diving Judges

The visiting club shall supply:

- 1 Finish Judge
- 1 Stroke & Turn Judge
- 1 Timer per lane
- 1 Scorer
- 2 Diving Judges

2.10 For dual meet competition, a judging panel of 5 will be used: two judges from the home team, two judges from the visiting team, and the meet official. The panel shall be positioned on both sides of the diving board with an unobstructed view of all diving competition. **The PIAA official will call any dive that is deficient or unsatisfactory.** The high and low scores will be eliminated and the total of the 3 remaining scores will be multiplied by the designated dd of each dive to formulate the cumulative dive score. The three (3) cumulative dive scores will be added together to determine the overall diver event score total.

2.11 The Meet Referee shall be the only person to officially DQ any swimmers and complete the DQ form.

2.12 The official order of finish in an event shall be determined by the finish judges. The Meet Official must also log finishes for each race and act as the tiebreaker should the 2 finish judges not agree. The finish judges shall be stationed on opposite sides of the pool and submit individual finish judge slips to the table. If the scoring table identifies a discrepancy, they will consult with the referee.

2.13 Scoring for individual events shall be 5 3 1. No team may sweep an event. Relays shall be scored seven (7) points for the winning team and zero (0) points for all other relay teams.

Ribbons for individual events will be awarded for at least 1st-3rd places. Ribbons for relays will be awarded for 1st place. Exhibition ribbons will be given to all swimmers/divers who participate legally that include a time, but no place. Additional places can be awarded at the discretion of the home team.

2.14 The seven (7) groups for scoring are:

- 8 & Under

- 9 & 10
- 11 & 12
- 13 & 14
- 15 & Over
- Diving
- Relays

The winner of each group is the team scoring the greater number of points in events in that group. The team results will be determined by totaling the group points in that meet:

- 2 points for each group win
- 1 point for each group tie
- 0 points for each group loss

The team with the greater number of group points is the winner of the meet.

2.15 Group standings for the League Dual Meet Season will be determined for each group on the following basis:

- Two (2) points for each team win
- One (1) point for each tie
- Zero (0) points for each loss.

At the conclusion of the dual meet season, trophies will be awarded to each group champion determined as the club with the greatest number of group points for each group in both divisions.

2.16 Team standings for the league dual meet season will be determined by awarding to each team two (2) points for each win, one (1) point for each tie and zero (0) points for each loss. There will be 2 division winners each year based solely on the results within each division: ABE Division and Valley Division (5 in-division meets). Trophies will be awarded for first place only. In the event of a tie, both teams will receive a trophy.

2.17 By Friday of each week, the home clubs shall be responsible for electronically forwarding to the League Statistician the complete results (in Hy-Tek format) of the meets for entry into the official league records along with any records that have been broken. Any meets that take place the week of championships will need to be forwarded within 24 hours.

At the conclusion of each meet, 3 copies of the results cover sheet shall be printed and signed by the referee. One copy should be provided to each team, one shall be sent to the league statistician. *The cover sheet is **Appendix F**.*

2.18 The host club shall supply lifeguards during warm-ups and for the duration of the meet.

2.19 Diving sheets must be submitted to the official/scoring table 30 minutes prior to the start of the meet. All sheets must be signed by the coach and diver or the diver will be disqualified. All

dive sheets must be reviewed and approved by the official prior to the diving event. The official must also determine dive order.

- 2.20 Meet lineups will be submitted to the home team electronically by 2 pm the day of the meet.
- 2.21 All meet postponements, due to weather or other reasons, will be rescheduled at a time mutually agreed upon by the coaches, team managers and pool managers. The rescheduling will be communicated to the President of the League. If a date is not agreed upon within 48 hours, the League President will select a date and location, and if one team cannot participate they will forfeit the meet.

Whenever possible, if inclement weather is predicted, coaches and the home pool staff should make their best attempt to postpone the meet in advance. In the event that the home pool's staff determines there to be thunder or lightning once warm-ups or the meet has begun, all swimmers and divers shall remain out of the water for a minimum of thirty (30) minutes after the last thunder clap or lightning strike after which it is up to the home team's pool staff to determine if it is safe to return to the water and resume competition.

In the case of inclement weather during the meet, a meet will be completed the following evening or at a time mutually agreed upon by the two teams.

- 2.22 Each meet may have no more than 12 exhibition heats, with a maximum of 6 exhibition heats for each team. The coaches are responsible to ensure that they do not schedule more than 6 exhibition heats for their team. Exceptions to this rule by the meet official will not be allowed.
- 2.23 The National Federation no false start rule will not apply. All age groups will get 1 and these will be called solely by the Meet Referee.
- 2.24 The League will keep two sets of records. One set will contain the best times in a yard pool, and the other set will contain the best times in a meter pool. All records will be kept to the hundredths.

3.0 MEET MANAGEMENT – THE CHAMPIONSHIP MEETS

- 3.1 The Host team for the Championship Meet shall appoint a Host Director to be responsible for the logistics and details of the meet. The Host Team, with the consent of the President, shall appoint a PIAA Swim Official to be Meet Director. The President, if so qualified, may be the Meet Director. It is mandatory for the Meet Director to appoint a Meet Committee consisting of three (3) qualified persons (which may include the Meet Director) to make decisions not covered in the rules and to modify rules based upon availability of officials and the configuration of the pool.
- 3.2 Championships shall be run by computer seeding. The deadline for entries for the Championship shall be determined by the League Board of Directors at such time as the season schedule is created. Entries can still be corrected up until Tuesday night preceding the Championship Meet and must be confirmed to the League President at which time they become finalized. To be eligible for the Championship Meet a swimmer or diver must have

competed in at least **3 of the teams ABE 6 dual meets** of the current season prior to the Championship Meet.

- 3.3 Entries for the Championship Meet should list the best time swum in ABE League competition during the current season for each entered swimmer. Only times swum in ABE Swim League competition or in other officiated summer swim league invitational meets that are approved by the League President may be used for seeding. The seeding time for a relay team for the Championship Meet shall be the fastest team time for the current season, even if the swimmers who made that time were different from those who will swim at the Championship Meet. Swimmers and Relays may only be entered with No Time if they have not participated in their chosen event, but will participate in it during a meet after the entries are required for the seeding meeting. Once the time has been swum, the official time needs to be given to the Meet Director to be updated.
- 3.4 Each club can enter three contestants in each event in the Championship Meet. Each club may enter one (1) alternate in each individual event with the intent that the alternate may swim if there is sickness, injury, or absence of the principal. Each club may enter only one (1) relay team in relay events. An unlimited number of alternates may be entered for a relay. Eligible alternates may replace entered swimmers on a relay without restriction if so designated at the Championship Scratch Meeting.
- 3.5 An athlete may be entered in four events but not more than three individual events. Diving counts as an individual event. A swimmer being listed as an alternate for an individual event or relay counts as an official event.
- 3.6 Athletes who are competing in only one event at Championships are eligible to compete in two events at Silver Championships. Diving counts as one event.
- 3.7 The NF scratch rule does not apply at the Championship Meet. No lineup changes will be allowed at the Scratch Meeting.
- 3.8 The Championship Meet will be scored on the basis of twelve places individual (), and relays (). Team awards for the top three (3) will be awarded on the basis of the total points scored in the Championship Meet.
- 3.9 The schedule of Championships will be determined during the fall ABE board meeting. This will include the dates of the Championship Meets and the Order of Events. *The events are listed in Appendix E.*
- 3.10 The following Championship expenses are covered by League Dues: (a) Trophies, Medals and Ribbons; (b) Tent for Score Table, Seeding Area and Officials; (c) Programs, Certificates, and Lane Cards; (d) Rental of Automated Timing System, Speaker System, and Spectator Seating; (e) Shells; (f) Supplies to cordon off the swimming and Officials area; and (g) Postage and supplies used by the Secretary or Statistician. All other expenses are the responsibility of the Host Club unless accepted as League expenses by a majority of the League Representatives. **Hosting requirements are listed in Appendix H. - Needed**

- 3.11 All swimmers must wear caps that represent their summer swim club or are plain. No tech suits are allowed in ABE meets.

4.0 SWIMMING

- 4.1 The individual swimming events to be contested will be freestyle, breaststroke, backstroke, butterfly for all five (5) age groups; and individual medleys for the 11 to 12, 13 to 14, and 15 through 18 age groups. The order of events shall be listed in **Appendix D** for Dual Meets and **Appendix G** for the Championship Meet.
- 4.2 Throughout these rules, yards may be substituted for meters where appropriate.
- 4.3 There shall be 200 meter medley relays for boys and girls 12 and under and boys and girls 13 and over, and a 200 meter freestyle (Crescendo) relay for boys and girls. The 200 meter freestyle (Crescendo) relay shall be composed of one swimmer from each of the five age groups listed in Rule 2.14 with the swimmers to swim in the following order: 8 and under, 11 to 12, 15 through 18, 13 to 14, and 9 to 10. The 8 and under and 9 to 10 will each swim 25 meters (one length) and the other three swimmers will each swim 50 meters (two lengths). For safety reasons, no blocks will be used at the beginning of the race for the 8 and under swimmers, with the exception that at the Championship Meet, for pools with a legal depth in the shallow end, blocks can be placed for the start of the 200 meter Freestyle (Crescendo) relay.
- 4.4 For the 8 and under, and 9 to 10 age groups, all races will be for 25 meters (one length) with the exception of the 9 to 10 freestyle which will be 50 meters (two lengths). The 15 to 18 boys and girls freestyle and all individual medleys will be 100 meters (four lengths). All other individual races will be 50 meters (two lengths).
- 4.5 In dual meets a team may enter up to three (3) relay teams in a relay event. One or more of these relay teams may optionally be designated as exhibition. For 5 lane pools, each team may enter up to two (2) relay teams. The home team may enter an exhibition relay in Lane 5.
- 4.6 *In dual meets at pools in which there are only five lanes, such as Westwood Heights and Orchard View, the fifth lane will be used by the home team as an exhibition. The away team will receive two extra exhibition heats at five lane pools.*
- 4.7 Exhibition Swims
- A. There will be two heats of exhibition 10 & Under freestyle relays designated as event numbers 20A and 20B. These heats will be swum immediately following the boys 15 & Over individual medley and preceding the diving events. Teams will compete against one another and follow the lane assignments as listed in **Appendix C**. Swimmers in these relays may be any mix of girls and/or boys 10 years of age or younger.
- B. There will be a maximum of **six heats of exhibition swims per team per meet**. At a Five Lane Pool, the visiting team will have two additional exhibition heats. Therefore, the total number of exhibition heats per meet may not exceed 12 in a 6 lane pool and 14 in a 5 lane pool. The **twelve** exhibition heats will be divided between the two teams. Each

coach may determine when their exhibition heats will be swum. Exhibition heats may be co-ed. The 10 & Under Freestyle Relay does not count as an exhibition heat.

- C. All individual exhibition heats will be swum following the swimming of both the official point heats of the event. The exhibition heat will be labeled A for the visiting team and B for the home team. Event 5 – Girls 8 & Under Freestyle. Visiting – 5A; Home – 5B. If either team has two exhibition heats, they would be labeled C (Visiting) & D (Home).
- D. All of the exhibition heats made available by these rules are to be swum if desired by coaches. Only mutual agreement among meet officials, the team representatives, and the club management that the meet cannot safely be concluded shall limit the number of exhibition heats to less than is provided in this rule.
- E. Although the NF Rules do not provide directly, any lane of an official event may be declared an exhibition swim. A swimmer competing in an event in a lane designated as exhibition may not score points for his/her team. Provided that both coaches agree, swimmers in designated exhibition lanes may compete outside of their age group or in a different stroke. Coaches must declare exhibition lanes to the meet scorer no later than the start of the event prior to the event in which the exhibition heat is declared.

4.8 For dual meets and Championships, there shall be no penalty for the first false start by an individual swimmer or the first swimmer in a relay. The second false start causes disqualification of the swimmer or relay team.

5.0 DIVING

- 5.1 The age groups for diving are 12 and under and 13 and over for both boys and girls.
- 5.2 Diving sheets must be submitted to the official/scoring table 30 minutes prior to the start of the meet. All sheets must be signed by the coach and diver or the diver will be disqualified. All dive sheets must be reviewed and approved by the referee prior to the diving event. The official must also determine dive order.
- 5.3 The Required dives must be chosen from the following categories, based on an **8** meet dual meet schedule: for the first meet date the Forward Group (100 series), the second meet date the Back Group (200 series), the third meet date the Inward Group (400 series), and the fourth meet date the Twisting Group (5000 series). This order will repeat for the fifth through the Championship Meet, where the required dive will be chosen from the Forward Group (100 series). Any team on a bye will skip the required dive for that meet date.
- 5.4 There may be three (3) divers in each event, per club, with a maximum of 24 divers per dual meet, regardless of whether it is a 5 or 6 lane pool. Only 4 will be scored at a 5 lane pool. Two (2) exhibition divers will be permitted at dual meets (see 5.8 below). If a team has zero divers in any event, that team forfeits the event and all eligible points (8) will be awarded to the opposing team. No points shall be awarded to the forfeiting team. Diving competition will take place even if one of the two teams has no divers entered in an event. Diving order during dual

meets shall be determined by the meet official, and shall be a random order, with divers alternating between home and away teams.

- 5.5 In dual meet competition, each diver will perform three (3) dives from the one (1) meter board; one (1) required/voluntary dive and two (2) optional dives from the different diving groups. One of the optional dives may be from the same group as the required dive. **The required dive will be the first dive of the series and will adhere to NFHS rules that it cannot exceed a degree of difficulty greater than 1.8.** If a diver fails their required dive, they are disqualified from the event, however, they will be allowed to complete their subsequent dives.
- 5.6 For dual meet competition, a judging panel of 5 will be used: two judges from the home team, two judges from the visiting team, and the meet official. The panel shall be positioned on both sides of the diving board with an unobstructed view of all diving competition. **The PIAA official will call any dive that is deficient or unsatisfactory.** The high and low scores will be eliminated and the total of the 3 remaining scores will be multiplied by the designated dd of each dive to formulate the cumulative dive score. The three (3) cumulative dive scores will be added together to determine the overall diver event score total. **(also part of 2.10 section of ABE League Rules)**
- 5.7 If a diver or coach makes an error in listing the position of a dive on the dive sheet, or if the diver wishes to change the position after the position is announced, the diver, or divers coach, may change the position provided the error/change is communicated by the diver or coach to the diving official/referee **prior to** performing the dive.
- i. If changed to a position with a lower DD, that DD shall apply.
 - ii. If changed to a higher degree of difficulty, the original DD is used to compute the final score.
 - iii. The diver shall perform the dive as corrected and the DD shall be adjusted if applicable.
- 5.8 In dual meet competition, ONE (1) exhibition diver, per team, shall be permitted to compete, as long as adding the exhibition participants will not exceed the maximum number of divers, per meet, for each team (12). The exhibition diver must perform one (1) required/voluntary dive and two (2) optional dives from different diving groups. One of the optional dives may be from the same group as the required dive. The exhibition diver may be a boy or a girl, either 12 & under, or 13 & over. The exhibition diver must compete in their respective gender and age category event during the dual meet, and shall be the last in the rotation of that event.

5.9 CHAMPIONSHIP MEET DIVING RULES

Note: Dive sheets are due to the Head Official the Thursday before Diving Champs by noon.

- 5.9.1 Each club may enter up to three (3) divers in each diving event. No exhibition divers will be permitted in the Championship meet. Diver order will be determined by the meet official, and shall be a random order.
- 5.9.2 There will be one (1) required dive, and three (3) optional dives from three (3) out of the five (5) different groups. One (1) of the optional dives may be in the same group as the required dive, and, no optional dive group may be repeated. **The required dive will be the first dive of the series, and will adhere to NFHS rules that it cannot exceed a degree of difficulty greater than**

1.8. No degree of difficulty shall be announced when dives are being announced by the announcer.

5.9.3. All divers in each event will perform their first two (2) dives (required dive + one (1) optional dive) as part of the "Preliminary Round". If a diver fails their required dive, they are disqualified from the event and may not continue in the competition. All scores will be tallied and totaled, and the divers with the top 15 scores only will qualify for the "Final Round". In the event of a tie of the final qualifying position (15th), all tied divers may advance to the Final Round. The divers who are eliminated after the preliminary round will be removed from the diver order rotation, and the diver order will be adjusted accordingly. Divers who qualify for the final round will continue in the event and perform their final two (2) optional dives. The host club has the discretion to allow all divers from the preliminary round to continue to the Final Round based on the number of entries and the meet timeline.

ORDER OF CHAMPIONSHIPS DIVING EVENTS

1. Girls 12 & Under Prelims, immediately followed by Girls 12 & Under Finals
2. Boys 12 & Under Prelims, immediately followed by Boys 12 & Under Finals
3. Girls 13 & Over Prelims, immediately followed by Girls 13 & Over Finals
4. Boys 13 & Over Prelims, immediately followed by Boys 13 & Over Finals

5.9.4 A judging panel of 5 will be used, and all judges must be PIAA officials. The meet referee/official may, or may not be, one of the judges on the judges panel. The panel shall be positioned on one or both sides of the diving board with an unobstructed view of all diving competition. The high and low scores of each dive will be eliminated and the total of the 3 remaining scores will be multiplied by the designated dd of each dive to formulate the dive cumulative score. The preliminary two (2) dive scores will be added together to determine the total preliminary diver event score total. The final round two (2) dive scores will be added to the preliminary score total to determine the overall meet event grand total and **1-12 place finishers.**

→ 6.0 revised 5/2023

6.0 DIVISIONS AND SCHEDULES

6.1 There will be a schedule of at least six (6) dual meets per summer season. The meet dates for the following summer shall be established at the Fall/Winter Meeting.

The Five (5) team division will have 4 divisional dual meets, a bye and two non divisional dual meets.

The six (6) team division will have 5 divisional dual meets and 1 or 2 non divisional dual meets to ensure all teams in the league have at least 6 dual meets. Based on an 11 team league 2 teams in the six (6) team division will have 1 bye and swim 6 dual meets while 4 teams will have 7 dual meets and no bye.

6.2 There will be two (2) divisions within the ABE Swim League, consisting of six (6) teams and five (5) teams respectively.

- The divisions are named after the heritage of both leagues, ABE and Valley.

- The Divisions will be adjusted every two years (following the every EVEN year summer) using the prior 2 year's dual meet results. When the ABE Division has six (6) teams the lowest finishing team will move to the Valley Division for the next 2 years. The Valley Division will have six (6) teams and the ABE Division will have five teams. At the next divisional change the highest finishing team in the Valley Division will move to the ABE Division.
- To determine which team moves to a new division the following system will be used. Moving from the ABE Division (6 teams) to the Valley Division (5 teams) using league divisional results from the past two years the sixth place team will be awarded 3 points, the fifth place team will be awarded 2 pts and the fourth place team will be awarded 1 pt. From each year. The team with the most points will move to the Valley Division. If there is a tie between 2 teams then the results of their head to head dual meets for the past two years will be used. Whoever has the worst record in their head to head dual meet competition will move to the Valley Division. If there is still a tie with the two teams splitting their head to head competition then the final scores of the two dual meets will be added together and whoever has the lower total score will move to the Valley Division.
Moving from the Valley Division (6 teams) to the ABE Division (5 teams) using league divisional results from the past two years the first place team will receive 3 pts, the second place team will be awarded 2 pts and the third place team will receive 1 pt. for each year. The team with the most points will move to the ABE Division the following year. If there is a tie between two teams then the results of their head to head dual meets for the past two years will be used. Whoever has the better head to head dual meet record will move to the ABE Division. If there is still a tie with the two teams splitting their head to head competition then the final scores of the two dual meets will be added together and whoever has the higher score will move to the ABE Division.

For the 2023 & 2024 Summers, the Divisions are as follows:

ABE Division

Brookside CC, Kaybrook, Orchard View, Stonecrest, Trident

Valley Division

Alburtis SC, Lehigh CC, Northwest, Saucon Valley CC, Stones Crossing, Westwood Heights

- Each team will swim every one within their division. To ensure every team has at least six (6) dual meets each team will also swim up to 2 teams from the other division. The following year a team will swim 2 other teams from the other division. This allows each team to swim every team at least every two years.
- There will be 2 division winners each year based solely on the divisional meet results; an ABE Division winner and a Valley Division winner. If there is a tie, the tie will be broken by the total points accumulated by each team when they competed against each other. Whoever has the higher score will be declared the divisional winner.
- Age Group Trophies will be determined using the same rules that determine the divisional team winners. Trophies will be awarded to the first place age group team in each division..

- 6.3 If circumstances present a meet from occurring as scheduled, the arrangements for a different time or place shall be worked out by the clubs involved, per section 2.20. Any such changes shall not affect the scheduled dual meet for the following year. A club which forfeits its right to be the home team in a particular meet during the current season will be scheduled as the visitor for that meet in the next season.
- 6.4 The starting time of dual meets shall be 6:00 PM.
- 6.5 The decision to postpone a meet is the responsibility of the authorized designee of the home team. A meet shall be swum to conclusion. Meets shall not be postponed until after 3:00 p.m. The rescheduling of any meet is primarily the responsibility of the home team and shall be done the night of the originally scheduled meet. An effort should be made to reschedule the meet for later in the same week as originally scheduled. A Tuesday meet postponed during Championship week is automatically rescheduled for Wednesday of that week.
- 6.6 All dual meet competition must be held prior to Silver Championships unless it is unsafe to have competition on the Wednesday-Friday preceding the Silver Championship Meet. In this case a special meeting of the League Representatives will be held to resolve the situation.
- 6.7 Championships will be held the final full weekend in July. Diving on Wednesday and Swimming on FriSaturday. Sunday will serve as the rain date for either event. Silver Championships will be held the weekend prior to Championships.

6.0 DIVISIONS AND SCHEDULES

(Old & being revised)

- The Divisions will be adjusted every two years (following the EVEN year summer) using the prior 2 year's championship meet results. The lowest finishing Team From the ABE Division will move to the Valley Division and the highest finishing team from the Valley Division will move to the ABE Division. ABE division to have the 1st to 6th place finishers. The Valley Division to have the 7th to 12th place finishers.
- Age Group Trophies will be determined by the entire dual meet schedule. Trophies will be awarded to the first place team in each division..

7.0 MINI MEET

- 7.1 Eligible swimmers for this meet are all those who are under the age of eight (8) as of the 31st of May prior to the season commencing. The host team can choose to expand this meet to include swimmers ages 9 & 10 and older swimmers with disabilities.
- 7.2 The mini-meet will be included in the rotation of league championship/special event meets.
- 7.3 The host club is responsible for finding a meet director and meet referee.
- 7.4 This meet shall be a no DQ meet.
- 7.5 Swimmers' times from this meet will not be official times and may not be used as seed times for either "A" or "B" Championships.
- 7.6 It shall be the duty of both the League and the host club to determine the order and number of events, including relays.
- 7.7 It shall be the duty of both the League and the host club to determine how many individual events and relays each participant is allowed to swim.
- 7.8 No finish places for either individual events or relays shall be made or given out on ribbons.
- 7.9 Teams outside of the ABE Swim League may participate in this meet.

8.0 SILVER CHAMPIONSHIPS

- 8.1 Eligible swimmers for this meet are all those who are under the age of fifteen (15) as of the 31st of May prior to the season commencing who are competing in no more than one (1) individual event at Championships or one (1) relay at Championships. Diving at Championships counts as an individual event.
- 8.2 Eligible swimmers are not permitted to compete in any event in which they are competing at Championships.
- 8.3 Eligible swimmers may compete in a maximum of three (3) individual events at this meet. An exception to this Rule exists for swimmers swimming one individual event at Championships. In that case, the swimmer is only permitted to compete in a maximum of two (2) individual events at the Silver Champs. Championship diving counts as an individual event.
- 8.4 This meet shall be officiated and the host club is responsible for finding a meet director and meet referee.
- 8.5 Swimmers' times from this meet will not be permitted to be used at Championships, nor shall this Meet make a swimmer otherwise eligible to compete at Championships.

- 8.6 This Meet shall be run in a similar manner as dual meets, except that there will be no diving, no relays, and no 15 & over events. Otherwise the event order shall remain intact.
- 8.7 This shall be a non-scoring meet. Awards will be given for places 1-6.
- 8.8 Entry times shall not be required for this meet.
- 8.9 There shall be no limit upon each club regarding the number of athletes entered per event.
- 8.10 The following Silver Champs expenses are covered by League Dues: (a) Trophies, Medals and Ribbons; (b) Tent for Score Table and Officials; (c) Programs, Certificates, and Lane Cards; (d) Duplication and Distribution of Championship Results; (e) Rental of Automated Timing System, Speaker System, and Spectator Seating; (f) Shells; (g) Supplies to cordon off the swimming and Officials area; and (h) Postage and supplies used by the Secretary or Statistician. All other expenses are the responsibility of the Host Club unless accepted as League expenses by a majority of the League Representatives.

ABE League Code of Conduct

PURPOSE: To promote good sportsmanship, fair competition, and the safety of athletes.

Note: This Code of Conduct is modeled after the PIAA Swimming and Diving Code of Conduct.

POLICY: It is the responsibility of coaches to convey expectations about the importance of fair competition, good sportsmanship, the norms of the sport, and respect for pool rules. Coaches or club organizers should share this Code of Conduct with team members, coaching staff, and parents so the Code and the penalties for violations are widely understood. Enforcement of the following three elements of the ABE Code of Conduct will require judgment on the part of the referee. The referee is the authority for decisions made at the meet.

1. No competitor shall display unsporting conduct. This includes any act the referee deems unsporting including but not limited to the following acts:

- Making insulting, profane or derogatory remarks, gestures or acts, including taunting.
- Trying to influence, or showing disgust with, officials' decisions.
- Interfering with meet officials in the performance of their duties.
- Repeated acts listed below as 'unacceptable conduct'

Penalty: Competitor shall be disqualified from competition in the meet, including all events in which the competitor previously completed and any remaining events.

2. No competitor shall display unacceptable conduct. This includes any act the referee deems unacceptable including but not limited to the following acts:

- Willful failure to follow the directions of a meet official.
- Entering the water without the referee's approval (including between events and before, during, or after a race).
- Interfering with a swimmer in another lane.
- Disobeying posted pool rules / ignoring reminders to comply with pool rules.

Penalty: Competitor shall be disqualified from that event or the next event in which they are entered, whichever is appropriate. If a team member inappropriately enters the water during a race, all participants from their team in that race shall be disqualified, and the person entering the water shall be, in addition, disqualified from further competition.

3. For serious infractions by either a competitor or a non-competitor (e.g., coach, parent, spectator), the referee may suspend the meet until the referee determines that the meet can proceed in an orderly manner. Depending on the seriousness of the infraction, the referee may request support from pool management or team leadership to address the situation, which may entail ejecting the disruptive person from the competition area.

(cont.)

EXAMPLE CASES

Note: Enforcement of the Code of Conduct will always require judgment on the part of the referee. The referee is the authority for decisions made at the meet.

These cases are meant to illustrate possible infractions and consequences. They are not meant to bind the referee to a particular decision for a particular infraction.

Example Case 1: An 8U swimmer jumps in for the final relay before the official tells them to enter. Given the inexperience of the competitor, the referee exercises discretion and overlooks the infraction or takes the opportunity to remind the swimmer(s) of the rule.

Example Case 2: A 10U backstroker enters the pool for their race before the official tells them to do so. Given the inexperience of the competitor, the referee exercises their discretion and merely reminds the swimmer(s) of the rule.

Example Case 3: A 10U swimmer jumps in the pool after their race without permission to get their goggles and accidentally bumps into a swimmer who is still racing. The swimmer who entered the pool is disqualified from that race.

Example Case 4: A 12U competitor repeatedly enters a part of the pool that is not being used for competition, despite posted signs saying that that area is closed and reminders from the official. This is unacceptable conduct that results in disqualification from the swimmer's next event.

Example Case 5: A 14U relay swimmer jumps in the pool to celebrate after their relay race is over. This is unacceptable conduct resulting in the disqualification of all relays from that team in that race, and disqualification from further competition for the swimmer who jumped into the pool.

Example Case 6: A competitor yells an insult at another swimmer after a race. The referee hears this. This is unsporting conduct no matter the age. The referee disqualifies that competitor from the event, from further competition in the meet, and from events the competitor has previously completed in that meet.

Example Case 7: A parent argues aggressively and angrily with a stroke-and-turn official about a disqualification. The referee temporarily suspends the meet and asks the parent's club's coach and pool management for support in speaking to the parent. The parent persists and so the referee ejects the parent and requests support from the parent's club's coach and pool management in enforcing the ejection.

ABE League Policy and Recommended Practice for Gender Diverse Athletes

PURPOSE

The purpose of this policy is to guide our league in appropriately including gender diverse athletes, a practice that will further promote our league's mission of expanding opportunities for athletes to participate in the sports of swimming and diving.

This policy

- is in alignment with USA Swimming's recommendations for gender diverse minor athletes in leagues such as ours (that is, youth athletes, not at an Elite level, and not in senior competitions with time qualifications), and
- follows PIAA's approach of assigning responsibility to the local unit (school/club) to inform the league the gender that each of their athletes will be competing in.

POLICY

1. It is the responsibility of individual clubs to identify on their roster the gender that each athlete will compete for that season. Once rostered the athlete must compete in their identified gender for the entire season. Clubs should see the 'Recommended Practices' below for guidance. Final rosters must be submitted to the League by the deadline agreed to by the team representatives at the pre-season organizational meetings. Midseason gender changes are not permitted.
2. If a question should arise about the gender an athlete is competing in, ABE League and meet officials will refer those raising the question to individual club policies and the roster submitted by that club. If a formal complaint or protest is presented to League officials, the League President will meet with the team's league representatives to discuss the matter and, if the matter is not resolved, will then convene all team representatives for deliberation. Such deliberations will focus on procedural matters (e.g., whether the club followed its policy; whether the league followed its policy, whether the athlete was acting in good faith, etc.) and the League will not become involved in matters of determining or questioning the gender indicated by the athlete/their parent/guardian.
3. This policy governs only the ABE League. Gender diverse athletes who qualify for or compete in other leagues, elite-level events, high-school or college swimming, or any other non-ABE League meets/team/camps should become familiar with the policies and practices of those organizations.

(cont.)

RECOMMENDED PRACTICES

The League does not have authority over individual club policy, but recommends that individual clubs abide by the following practices, adapted from USA Swimming's Recommended Practices for Gender Diverse Minor Athletes:

1. Permit athletes to compete in accordance with the gender indicated by the athlete and their parent/guardian when they sign up for the team. This means allowing athletes to participate in accordance with their gender identity, irrespective of the sex listed on their birth certificate or other records and regardless of whether the athlete has undergone any medical procedure.
2. If an athlete on your team is requesting an exemption to the swimsuit policy (e.g., if a swimmer competing in girls events is requesting to compete in a male swimsuit; or a swimmer competing in boys events is requesting to compete in a female swimsuit), coaches should inform the meet official that this is the case prior to the start of the meet.
3. Take steps to ensure that teammates, coaches, meet officials and announcers refer to athletes by the name listed on the team roster/meet entries and the pronoun they go by.
4. Provide training to staff and regular volunteers about gender diversity (see definitions below) and approaches to prevent, identify, and respond to bullying, harassment, and discrimination.
5. Take steps to ensure Meet Directors, Coaches, and Club Leadership are aware of and abide by the relevant state and local laws and the rules of the host facility for meets and practice.

DEFINITIONS (borrowed from the APA's "Key Terms and Concepts in Understanding Gender Diversity and Sexual Orientation Among Students"):

Gender Identity: A person's deeply-felt, inherent sense of being a boy, a man, or male; a girl, a woman, or female; or an alternative gender, which may or may not correspond to a person's sex assigned at birth or to a person's primary or secondary sex characteristics.

Gender Expression: An individual's presentation, including physical appearance, clothing choice and accessories, and behavior that communicates aspects of gender or gender role. Gender expression may or may not conform to a person's gender identity.

Gender Diversity: The extent to which a person's gender identity, role, or expression differs from the cultural norms prescribed for people of a particular sex.

Sex: The classification of a person as male or female based on physical characteristics of their bodies at birth.

Transgender: An umbrella term that incorporates differences in gender identity wherein one's assigned biological sex doesn't match their felt gender identity.

ABE Swim League Pool Information

Club	# of Lanes	Home Lanes	Away Lanes	Yards or Meters
ALBURTIS/SH	6	Even	Odd	Meters
BROOKSIDE CC	6	Even	Odd	Meters
KAYBROOK/GREEN HILLS	6	Odd	Even	Yards
LEHIGH CC	6	Even	Odd	Yards
NORTHWEST	6	Even	Odd	Meters
ORCHARD VIEW	5	Even	Odd (no 5)	Meters
SAUCON VALLEY CC	6	Odd	Even	Yards
STONECREST	6	Odd	Even	Meters
STONES CROSSING	6	Even	Odd	Meters
TRIDENT	6	Odd	Even	Meters
WESTWOOD HEIGHTS	5	Even	Odd (no 5)	Meters

**ABE Dual Meets
Order of Events**

1. Girls 12 & under 200 Med. Relay
2. Boys 12 & under 200 Med. Relay
3. Girls 13 & over 200 Med. Relay
4. Boys 13 & over 200 Med. Relay
5. Girls 8 & under 25 Free
6. Boys 8 & under 25 Free
7. Girls 9 & 10 50 Free
8. Boys 9 & 10 50 Free
9. Girls 11 & 12 50 Free
10. Boys 11 & 12 50 Free
11. Girls 13 & 14 50 Free
12. Boys 13 & 14 50 Free
13. Girls 15 & Over 100 Free
14. Boys 15 & Over 100 Free
15. Girls 12 & Under 100 IM
16. Boys 12 & Under 100 IM
17. Girls 13 & 14 100 IM
18. Boys 13 & 14 100 IM
19. Girls 15 & Over 100 IM
20. Boys 15 & Over 100 IM
- 20 a & b. Mixed 10 & U 100 Free Relay (Ex)
21. Girls 12 & under Diving
22. Boys 12 & under Diving
23. Girls 13 & Over Diving
24. Boys 13 & Over Diving
25. Girls 8 & under 25 Fly
26. Boys 8 & under 25 Fly
27. Girls 9 & 10 25 Fly
28. Boys 9 & 10 25 Fly
29. Girls 11 & 12 50 Fly
30. Boys 11 & 12 50 Fly
31. Girls 13 & 14 50 Fly
32. Boys 13 & 14 50 Fly
33. Girls 15 & Over 50 Fly
34. Boys 15 & Over 50 Fly
35. Girls 8 & under 25 Back
36. Boys 8 & under 25 Back
37. Girls 9 & 10 25 Back
38. Boys 9 & 10 25 Back
39. Girls 11 & 12 50 Back
40. Boys 11 & 12 50 Back
41. Girls 13 & 14 50 Back
42. Boys 13 & 14 50 Back
43. Girls 15 & Over 50 Back
44. Boys 15 & Over 50 Back
45. Girls 8 & under 25 Breast
46. Boys 8 & under 25 Breast
47. Girls 9 & 10 25 Breast
48. Boys 9 & 10 25 Breast
49. Girls 11 & 12 50 Breast
50. Boys 11 & 12 50 Breast
51. Girls 13 & 14 50 Breast
52. Boys 13 & 14 50 Breast
53. Girls 15 & Over 50 Breast
54. Boys 15 & Over 50 Breast
55. Girls All Age Group 200 Free Crescendo
56. Boys All Age Group 200 Free Crescendo

**ABE Suburban Swim League
Protest Card**

DATE OF MEET	
MEET	@
EVENT	
HEAT	
LANE	
ATHLETE NAME	
ATHLETE TEAM	
NAME OF PROTESTING COACH	
DESCRIBE REASON FOR PROTEST	
COACH SIGNATURE	

RULING	
REFEREE SIGNATURE	
DATE	

A. B. E. Suburban Swimming and Diving

Dual Meet Record

Swimming- Pool: _____ Date: _____

Diving- Pool: _____ Date: _____

Teams: Home: _____ Visitor: _____

Meet Referee: _____

Signature here if Official Copy

Stroke and Turn Judges: _____

Meet Scorers: Home: _____ Visitor: _____

MEET SUMMARY

Division	Home Score	Away Score
Relays		
8 & Under		
9 & 10		
11 & 12		
13 & 14		
15 & Over		
Diving		
Meet Score		

An official copy must be turned in to the ABE League Statistician within 24 hours of meet.

___ Official Copy ___ Home Team Copy ___ Visiting Team Copy

League Use Only: Scores Entered: Date: _____ Records Checked: ___ yes

**ABE Championships
Order of Events**

#1	Girls 12 & Under Diving	#3	Girls 13 & Over Diving
#2	Boys 12 & Under Diving	#4	Boys 13 & Over Diving
		#29	Girls 12 & Under 200 Medley Relay
#5	Girls 13 & Over Medley Relay	#30	Boys 12 & Under 200 Medley Relay
#6	Boys 13 & Over Medley Relay	#31	Girls 8 & Under 25 Meter Freestyle
#7	Girls 13-14 50 Meter Freestyle	#32	Boys 8 & Under 25 Meter Freestyle
#8	Boys 13-14 50 Meter Freestyle	#33	Girls 9 & 10 50 Meter Freestyle
#9	Girls 15-18 100 Meter Freestyle	#34	Boys 9 & 10 50 Meter Freestyle
#10	Boys 15-18 100 Meter Freestyle	#35	Girls 11-12 50 Meter Freestyle
#11	Girls 13-14 50 Meter Butterfly	#36	Boys 11-12 50 Meter Freestyle
#12	Boys 13-14 50 Meter Butterfly	#37	Girls 8 & Under 25 Meter Butterfly
#13	Girls 15-18 50 Meter Butterfly	#38	Boys 8 & Under 25 Meter Butterfly
#14	Boys 15-18 50 Meter Butterfly	#39	Girls 9-10 25 Meter Butterfly
#15	Girls 13-14 100 Meter Individual Medley	#40	Boys 9-10 25 Meter Butterfly
#16	Boys 13-14 100 Meter Individual Medley	#41	Girls 11-12 50 Meter Butterfly
#17	Girls 15-18 100 Meter Individual Medley	#42	Boys 11-12 50 Meter Butterfly
#18	Boys 15-18 100 Meter Individual Medley	#43	Girls 11-12 100 Meter Individual Medley
#19	Girls 13-14 50 Meter Backstroke	#44	Boys 11-12 100 Meter Individual Medley
#20	Boys 13-14 50 Meter Backstroke	#45	Girls 8 & Under 25 Meter Backstroke
#21	Girls 15-18 50 Meter Backstroke	#46	Boys 8 & Under 25 Meter Backstroke
#22	Boys 15-18 50 Meter Backstroke	#47	Girls 9-10 25 Meter Backstroke
#23	Girls 13-14 50 Meter Breaststroke	#48	Boys 9-10 25 Meter Backstroke
#24	Boys 13-14 50 Meter Breaststroke	#49	Girls 11-12 50 Meter Backstroke
#25	Girls 15-18 50 Meter Breaststroke	#50	Boys 11-12 50 Meter Backstroke
#26	Boys 15-18 50 Meter Breaststroke	#51	Girls 8 & Under 25 Meter Breaststroke
#27	Girls 6-18 200 Meter Freestyle Crescendo Relay	#52	Boys 8 & Under 25 Meter Breaststroke
#28	Boys 6-18 200 Meter Freestyle Crescendo Relay	#53	Girls 9-10 25 Meter Breaststroke
		#54	Boys 9-10 25 Meter Breaststroke
		#55	Girls 11-12 50 Meter Breaststroke
		#56	Boys 11-12 50 Meter Breaststroke

**ABE Championships
Hosting Requirements**

Need This

ABE Suburban Swim League Scholarship Instructions

Introduction:

The ABE will be offering one (1) scholarship award to one (1) recently graduated high school senior. The scholarship will be awarded at the summer championship meet. It is our hope that the scholarship award will be a minimum of Five Hundred Dollars (\$500.00).

Minimum Qualifications to Apply:

- (1) A swimmer may apply for the scholarship the summer following his/her graduation from high school.
- (2) The swimmer must have been accepted and be enrolled for the subsequent fall semester in an accredited institution of higher learning at the time of applying for the scholarship.
- (3) The swimmer must be a member of one of the League's twelve teams and must compete in summer league competition and be eligible for championships the summer following his/her senior year.
- (4) The swimmer must have swum for either an ABE or VSL team for a minimum of two summer seasons prior to applying for the scholarship.

How to Apply:

- (1) Complete the ABE scholarship application by **Wednesday, July 19th** along with the essay. The application must be emailed no later than this date or it will not be considered
- (2) Email an application in pdf format to:

Jacob Thielen, Scholarship Coordinator
jacob.thielen12@gmail.com

- (3) Contained in the application is a form where the swimmer is to fill out his/ her personal information. In a separate document, the applicant should type his/her essay and send it with the application form to Jacob Thielen.
- (4) NOWHERE on the essay should the swimmer's name be listed or revealed. It should only be listed on the separate application form. On all pages of the essay, the swimmer should list the last four digits of his/her social security number.

Rubric for Evaluation:

The awarding of the scholarship will be exclusively based on the qualified swimmer's essay. The essay should convey accurately and creatively ways in which participation on the swimmer's summer swim team has shaped that swimmer as a person and has prepared

him/her for his/her future endeavors.

A committee of one representative from each swim club shall read all applicants' essays and assign a score to each based on a rubric created by the committee. The winning essay number will be submitted to the Scholarship Coordinator and the winner will be revealed at championships.

ABE Scholarship Rubric

Category 1: Adherence to the prompt: How has summer swimming prepared the applicant for the future?

20 Points: Excellent

- Rich topic/idea development with careful thought throughout essay
- Excellent details
- Applicant included his/her opinion about the prompt with detailed explanation

15 Points: Above Average

- Above average topic/idea development and/or thought throughout essay
- Strong details
- Applicant included good explanation about the prompt

10 Points: Average

- Adequate or basic topic/idea development and/or thought throughout the essay
- Relevant details present
- Applicant included limited explanation about the prompt

5 Points: Below Average

- Limited or weak topic/idea development and/or thought throughout the essay
- Simple details or lack thereof
- Applicant did not include explanation

Score from Category 1: _____

Category 2: Style/Focus:

15 Points: Excellent

- Effective/rich use of language
- Sharp, distinct controlling point made about the prompt

11 Points: Above Average

- Appropriate/effective use of language
- Apparent point made about the prompt

7 Points: Average

- Some variety in language choice
- No apparent point, but evidence of a specific topic

3 Points: Below Average

- Simplistic or limited language
- Minimal evidence of a topic

Score from Category 2: _____

Category 3: Organization/ Neatness

10 Points: Excellent

- Smooth transitions including topic and closing
- Information is in a logical, interesting sequence
- Neatly done/typed

7 Points: Above Average

- Information organized in logical sequence with a few transitions
- Neatly done.typed

4 Points: Average

- Information is not organized in a logical manner
- Minimal transitions
- Not neatly presented

1 Point: Below Average

- Poor organization
- No transitions
- Not neatly presented

Score from Category 3: _____

Category 4: Adherence to Essay Requirements

Essay Requirements: 12 pt. size Times New Roman font

Double spaced

300 words minimum

SS number on every page on upper right hand side Name not listed anywhere in essay

5 Points: Excellent: All requirements met

3 Points: Above Average: One requirement not met

2 Points: Average: Two requirements not met

1 Point: Below Average: Three or more requirements not met

Score from Category 4: ____ Combined

Scores 1-4: ____/50 Points