

GREATER ANNAPOLIS SWIM LEAGUE STANDING RULES - 2023 SEASON

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1. TECHNICAL RULES

The most-current USA Swimming Technical Rules (including published Interpretations and Officiating Protocols) apply except as expressly noted in section 1.1 below. All rules will be enforced across all age-groups throughout the season.

1.1 DEVIATIONS FROM, and EMPHASES OF, USA SWIMMING TECHNICAL RULES

1.1.1 15-Meter Rule (*Deviation*)

Freestyle, Backstroke and Butterfly rules state that at the start and after each turn, some part of the swimmer's head must have broken the surface of the water by 15 meters. In USAS, for the rule to be enforceable, pools must be properly measured, lane lines must have distinct-colored floats 15 meters from each end of the pool, and a Judge standing on the 15M line.

As we lack those conditions, Stroke-and-Turn Judges will be advised to apply wide latitude (ensuring swimmer gets benefit of the doubt) and use as marks:

1. 25Y and 25M pools: Head up before the second set of backstroke flags off start or turn
2. 20Y pools: Swimmers must surface before completing an entire length off start or turn

1.1.2 Freestyle Portion of Individual Medley and Medley Relay (*Emphasis*)

Unlike Freestyle Individual Events, the swimmer may swim in any manner desired during the Freestyle portion of the race, except not a stroke previously swum (thus not a *legal*, backstroke, breaststroke or butterfly).

1.1.3 Swimming Up (*Deviation*)

It is permissible for a swimmer to compete in a dual-age designated Event with designation older than the swimmer's age ("swim up). However, a swimmer may compete in only one dual-age group for an entire Meet. Violating this rule results in disqualification of that swimmer from all Individual Events for that Meet.

1.1.4 Contact with Swimmers during Competition (*Emphasis*)

After the "take your mark" command, swimmers will be disqualified if anyone on deck touches them prior to finishing their race. Examples:

1. A hand used to cushion a backstroker's head from contact with the end wall.
2. For in-water Relay exchanges, observed physical contact with the swimmer's hand on the wall by a person on the deck.

Exception: Vision-impaired swimmers may be tapped on the hand by a coach assisting with the exchange.

1.1.5 Minimum Pool Depth for Forward Starts from the Deck (*Emphasis*)

No swimmer may attempt to perform a forward racing start from the side of the pool into less than four (4) feet of water.

1.1.6 Swimsuit Regulations (*Emphasis*)

1. Only one swimsuit may be worn in competition, except a brief or bikini bottom may be worn for modesty sake under a performance suit.
2. Swimsuits worn for all 12 & under age-group-defined competition shall not cover the neck, and shall extend past neither the shoulder nor the knee.

3. Buoyancy aids (wetsuits, arm floats, etc.) may NOT be used.

2. ADMINISTRATIVE RULES

Each team's club and team manager are responsible for ensuring that the team's coaches have current GASL required certifications. Proof of certifications and coach eligibility must be provided to league board prior to season start. A team without an eligible and currently-certified Head coach may not compete in any GASL Meet nor practice under GASL's AAU sanction.

2.1 COACH'S RESPONSIBILITIES

2.1.1 General

1. Attain:
 - a. Familiarity with all League rules
 - b. Awareness of [Anne Arundel County regulations](#)
2. Submit to their Team Registrar, by the Friday before Memorial Day, proof of:
 - a. CPR and First Aid training
 - b. Completion of Safety Training for Swim Coaches; or Lifeguarding credentials
 - c. Registration with Amateur Athletics Union (AAU) (www.ausports.org)
 - d. Completion of AAU-required online coaches course and AAU background check

2.1.2 With Respect to Practices and Competitions

1. During all practices and Meets:
 - a. Keep a licensed lifeguard on deck at all times and someone with Pool Operator certification on the premises.
 - b. Ensure that all personnel assisting in the direction of the swimmers under their care are capable and qualified
 - c. Ensure that any athlete assisting in the instruction or direction of another athlete during team practice is continuously supervised by an accredited coach
 - d. Train racing starts per Coaches Safety training guidelines
2. Apply the technical rules and protocols of the League
 - a. Honor the requirement to enter only plausibly legal swimmers
 - b. Know how to interact with Lead Official when:
 - i. A swimmer misses a Heat
 - ii. A swimmer commits a False Start
 - iii. Desiring to dispute a call made by a Stroke-and-Turn Judge
 - c. Grasp limitations on the Lead Official's authority with respect to matters of judgment
3. Manage the team's entries appropriately:
 - a. Coaches must avoid entering a swimmer in an Event until they are very likely to complete it legally, because grossly illegal swimmers:
 - i. Tempt other swimmers to abandon proper stroke technique
 - ii. Potentially reward swimmers if stroke violations are missed
 - iii. Burden volunteer Stroke-&-Turn Judges unreasonably
4. Maximize full Heats and eliminate unnecessary Heats by confirming swimmers' intentions to swim prior to the one-hour pre-Meet changes deadline

5. Post their team's entries in the designated team area
6. Educate parents and swimmers to:
 - a. Grasp that being entered in Meet Events is a privilege earned when a swimmer demonstrates proficiency (i.e., consistently legal stroke) in practice
 - b. Avoid the Clerk of Course area until told to report
 - c. Report to the Clerk of Course area on time for their Events
 - d. Avoid the Scorekeeper area.
 - e. Avoid obstructing the sightlines of Starter or Stroke-&-Turn Judges
 - f. Avoid arguing with, or otherwise verbally attacking, a Stroke-and-Turn Judge
7. At Championship Meets, stay within designated coaches' areas

2.2 SWIMMER ELIGIBILITY

1. Each team must post a complete roster of athletes to the GASL website at least 48 hrs. prior to the first regular-season Meet.
 - a. Swimmers may be added to the roster during the season.
 - i. Swimmers not on the roster by Meet exchange date are ineligible to compete in that week's Meet.
 - b. Teams will produce a birth certificate (or other proof of age deemed acceptable by the League) for any of their swimmers upon League request.
2. Competition age for the entire season shall be swimmer's age on June 1.
 - a. Any member of a member team (per GASL Constitution) with competition age less than 19 is eligible to compete.
 - b. A swimmer may compete for only one GASL team per season. Violators will be barred from competition for the remainder of the season.
 - c. Head Coaches must non-athlete members of AAU (minimum age = 19) and may not compete as athletes for their team.
 - d. Assistant Coaches may compete provided that they meet all requirements above and of their team.
3. A team wishing to challenge the eligibility of another team's swimmer must send written notice to the League President and the swimmer's team representatives.
 - a. If the matter cannot be concluded prior to a Meet, the Meet will be swum as seeded, but the score will not become final until either the challenge is withdrawn or the swimmer's team produces documentation satisfactory to the League.
4. A swimmer with disability who has previously swum with a team may continue to practice with his/her team and compete in GASL Meets until age 21 at the discretion of his/her team management and with approval by the GASL Board. In order to seed said swimmer relevant events will be changed to 15 and over for purposes of seeding said swimmer only.

2.3 SCHEDULE OF MEETS

1. The League will post the competition schedule at least four (4) weeks prior to the first Meet
2. Default dates and starting times are Saturdays at 8:30am and Wednesdays at 5:30pm.
 - a. Teams may vary from the defaults by mutual consent, in which case the designated home team will notify the League Secretary of the variance.

3. CONDUCT OF DUAL MEETS AND TRI-MEETS

3.1 VENUES

Pools shall be 25M, 25Y or 20Y in length with a minimum of four lanes equipped with:

1. Wave-dampening lane lines having contiguous floats of diameter between two and six inches.
2. Backstroke Flags, stretched firmly across the pool as follows:
 - a. 20-yard & 25-yard pools: 15 feet from each end at a height of seven feet
 - b. 25-meter pools: 5 meters from the end at a height between 5'11" and 8'3"

Note: Heights measured from the cable to water's surface.
3. Properly numbered lanes (**numbers ascending right to left as swimmers face the course**).
 - a. Where possible, mark on the pool deck surface and Clerk of Course seats.
4. Clerk of Course area: A minimum of four rows of benches for staging swimmers in upcoming (next several) Heats.
5. An announcing system or megaphone for announcing Events and Heats.

Proper preparations of the venue are the sole responsibility of the Home team.

3.2 REQUIRED MEET PERSONNEL (DUAL & TRI- MEETS)

3.2.1 Officials Roles

Competing teams share equally in the responsibility to staff the following roles, except where noted below as a sole responsibility of the Home team. Any role may be filled by personnel associated with any competing team.

Role	Number	Team	Notes
Lead Official [^] @ Limited proxy for "Referee" as defined by USA Swimming.	1	Most experienced official between/ among the teams	Prefer this order: USA-S (or Y) Referee—Starter—S&T; GASL tenure.
Starter @ Manages the Heats in the Events of a Meet	1	Either ^{^^}	
Stroke-and-Turn Judge @ Observes lanes and record infractions	See Notes	Each	4-lane pool: 2 apiece 5- or 6-Lane pool: 3 apiece Minimum: 1 apiece or any 2
Head Timer Manages Lane Timers and operates two stopwatches	1	Either ^{^^}	
Lane Timer 3 per lane. All timers operate a stopwatch, and one Timer records all three times on a heat sheet	See Notes	Each	6-lane pool: 9 apiece required 5-lane pool: 8 apiece required 4-lane pool: 6 apiece required
[^] The Lead Official may double as Starter or Stroke-and-Turn Judge. [@] Requires a pre-season certification clinic ^{^^} "Either" implies that Home Team is by default responsible to fill			

3.2.1.1 Philosophy of Meet Officiating

Officials, by nature of their role, agree to set aside team affiliation, so the source of the officials doesn't matter. So in any given Meet, if one team has more available Officials than the other, use the combined force.

3.2.1.2 Credentialing for Starter and Stroke-and-Turn Judges

1. Anyone not credentialed by USA Swimming or Y-Swimming must attend a League-sponsored Stroke-&-Turn and Starter clinic.
2. USA-S and Y-certified Officials who opt not to attend annual training must produce proof of credentialing to the Official's Committee Chair.

3.2.2 Stroke-and-Turn Judge Staffing Considerations (Dual- and Tri-Meets)

The most consistent observation happens when each Judge observes stroke across no more than two lanes. In Medley Relays, it is best that Officials do not have to juggle observation of swimmer exchanges.

3.2.2.1 Ideal Staffing - Individual Events – Two-Lane Jurisdictions

1. 4-lane pools: Two (2) Judges observing *on each end*
2. 5-lane pools: Three (3) Judges observing *on each end*
3. 6-lane pools: Three (3) Judges observing *on each end*

3.2.2.2 Ideal Staffing – Medley Relays

1. One Judge observing stroke on Start end
2. One Judge observing stroke on Turn end
3. Two Judges observing Start-end exchanges.
4. Two Judges observing Turn-end exchanges

Lead Official, if not also acting in another capacity, can act as Judge observing exchanges on either end. Starter can observe exchanges on the Start end.

Note: Judges should observe only 'A' Relays, ignoring Exhibition Relays.

3.2.2.3 Ideal Staffing – Freestyle Relays

Because freestyle stroke observation is so simple, the same Judge can observe both stroke and exchanges without sacrificing either. Therefore, four Judges suffice.

Lead Official, if not also acting in another capacity, can act as Judge observing exchanges on either end. Starter can observe exchanges on the Start end.

Note: Judges should observe only 'A' Relays, ignoring Exhibition Relays.

3.2.2.4 Minimum Staffing

Each team is expected to provide a minimum of two Stroke-and-Turn Judges. However, a Meet may be run with as few Officials as Starter and a Stroke-&-Turn Judge on each end (with one of the three individuals also acting as Lead Official). Run the meet if possible even if one team fails to fulfill its minimum obligation. Any team that repeatedly fails to meet its minimum obligation may be subject to sanctions.

3.2.3 ADMINISTRATIVE ROLES

Competing teams share equally in the responsibility to staff the following roles, except where noted below as a sole responsibility of the Home team. Any role may be filled by personnel associated with any competing team.

Role	Number	Team	Notes
League Representative Each team designates two people who act as ultimate authority for all matters related to the team.	1	Each	Coaches report to League Reps
Clerk of Course Manages the movement of competitors to the on-deck area and into proper lanes for their appointed Heats. He or she is responsible to avoid unnecessary Meet delays.	1	Home	The Clerk of Course may double as Lane Organizer
Lane Organizer Use the Meet program to confirm that all swimmers for each Event get seated in proper position upon arrival at Clerk of Course area. Works with the Clerk of Course to move Heats at appropriate times to the on-deck area.	1	Each	
Sheet Runner Periodically collects: a) completed Timer Heat sheets and delivers to Scorekeepers. B) DQ slips from Officials and delivers them to Lead Official (or to Scorekeepers directly if Lead Official so directs).	1 (or more)	Home	Often a meet runs more smoothly with more than one Sheet Runner. Sheet Runners also can post preliminary results, relieving Scorekeepers of this chore.
Scorekeeper Runs Meet software, inputs and posts results.	1	Each	Typically, one scorer inputs while the other(s) verifies.
Ribbon Writer Upon receipt of official results and labels from Scorekeepers, affixes labels to appropriate ribbons.	1	Each	

3.3 REQUIRED MEET EQUIPMENT

To simplify operations and avoid mixing equipment, Home teams are expected to provide the bulk of the “infrastructure” for meets.

3.3.1 Both Teams

1. Name tags for their team’s Officials

3.3.2 Home Team

1. Computer and internet running Swimtopia’s Maestro Meet software
2. Printer(s) with sufficient paper to print and post results and ribbon labels
3. Electronic starting system
4. Recommended: Visiting team bring its starting system as backup
5. Starter: Clipboard and pen
6. Lane Timers: (3 x N Lanes) Stopwatches; N clipboards with (3 x N) pencils
7. Head Timer: 2 stopwatches
8. Stroke-and-Turn Judges: Six clipboards and (preferably) red pens
9. Labels sufficient for printing ALL Meet ribbons for both teams
10. Whistle (starting system backup absent Visitor’s spare)

- Electrical accessories as needed.

3.4 EVENTS

3.4.1 ORDER OF EVENTS

Meets shall be swum in order of the official GASL Event file.

Event #	Distance	Description	Event #	Distance	Description
1-2	100-Yard(-Meter)	Medley Relay	35-38	25-Yard(-Meter)	Breaststroke
3-10	100-Yard(-Meter)	Individual Medley	39-44	50-Yard(-Meter)	Breaststroke
11-14	25-Yard(-Meter)	Freestyle	45-48	25-Yard(-Meter)	Butterfly
15-22	50-Yard(-Meter)	Freestyle	49-54	50-Yard(-Meter)	Butterfly
23-28	25-Yard(-Meter)	Backstroke	55-56	150-Yard(-Meter)	Freestyle Relay
29-34	50-Yard(-Meter)	Backstroke			

3.4.2 EVENT TYPES

Each swimmer may enter up to four Events, in any combination of Individual Events and Relay Events. Swims in Relay Events swum as part of non-scoring teams ('B'/'C' etc Relays) do not count toward the four-entry maximum.

3.4.2.1 Individual Events

- "Dual-Age" (e.g. 11-12) Events.** Except under conditions outlined in 1.1.3, only swimmers whose age falls in the range may compete in this Event.
- "Age-and-Under" (e.g, 10-and-under) Events.** Any swimmer of qualifying age may swim without effect on competition status for dual-age Events or Relay Events.

3.4.2.2 Relay Events

- Medley Relay** comprises one swimmer from each of the following age groups: 10-&-under, 12-&-under, 14-&-under, and 18-&-under. Each swimmer swims one stroke for one length of the pool, respectively in the order Backstroke, Breaststroke, Butterfly, Freestyle.
- Freestyle Relay** comprises five swimmers, one each from 8-&-under, 10-&-under, 12-&-under, 14-&-under, and 18-&-under. The first four swimmers swim one length of the pool while the final swimmer swims two lengths in any manner desired.

3.4.2.2.1 Relay Rules

- Each team may designate one 'A' Relay team.
- Relay designations must be made prior to Meet entry file exchange.
- 'A' Relay swimmers must compete in one Individual Event during the Meet to be eligible to swim the Relay. Any eligibility violation disqualifies the Relay team.
- Points for first and second places, as well as ribbons, are determined by time of 'A' Relays only. If the 'A' Relay disqualifies, no points will be awarded to that team.
- Teams may enter additional Relay teams (designated 'B', 'C', etc) provided that:
 - Extra entries do not result in an additional Heat
 - Each team has equal lane rights, except the visiting team shall be afforded the courtesy of the odd lane in 5-lane pools.
 - If a team chooses not use all of its rightful lanes, the other team(s) may do so.

6. Day-of-Meet 'A' Relay lineup changes are permissible per 3.5.3.4

3.5 MEET ENTRY PROTOCOL

3.5.1 Exchange of Entry Files

Teams should exchange (exchanges in Maestro are considered complete when entries are "locked" and "ready" for merge) Entries by 8pm two days before the Meet date, absent mutual consent otherwise.

3.5.2 Merge

1. The Home team sends the merged Meet Program pdf from Maestro to the Visiting team(s).
2. The teams collaborate to correct errors and mutually validate a **Scoring Meet Program** the night of the exchange.
 - a. By mutual consent they may extend this deadline up to 5pm the next day (one day prior to the Meet date). Neither team should feel obligated to agree to extend.
3. Upon mutual validation of Scoring Meet Program, the Meet is *final for scoring purposes*.
 - a. The Home team must send a PDF of the Scoring Meet Program to the League secretary.

3.5.3 Swimmer Additions, Event Changes, Scratches after Scoring Meet Program Finalized

1. Changes will be permitted up to one hour before scheduled Meet start.
 - a. Any swimmer already in the meet who adds (or changes) individual event(s) will be ineligible to score or receive a ribbon for those events.
 - b. Any swimmer added to the meet will be ineligible to score or receive a ribbon for any individual event. They may not participate in the 'A' Relay.
 - c. All swims and times may be used for Championship Meet eligibility and event qualification.
2. Coaches are encouraged to submit scratches in order to allow final re-seeding that maximizes the number of full Heats and eliminates unnecessary Heats.

3.5.4 'A' Relay Substitutions During the Meet

Any swimmer listed in the Scoring Meet Program may substitute for a Relay swimmer who scratches provided that:

1. Substitutes add the Relay Event to an incomplete (<4 total swims) program or scratch from an Individual Event.
2. Substitution should be reported to the opposing Head Coach as a courtesy and must be reported to the Scorekeepers at the conclusion of the Meet.
3. Relay team will be disqualified in cases where an individual swimmer exceeded their event maximum or a team did not swim in accordance with the age-grouping restrictions.

3.6 HEAT SEEDING

3.6.1 DUAL MEETS

The two teams have assigned lanes. Each team seeds its own lanes slowest to fastest such that the Heat swum last in each Event has the swimmers with the fastest (lowest) seed times. In many events, one team will have more swimmers than the other. In Heats where one team cannot fill its

lanes, the other team's swimmers are seeded in. Some Heats may have swimmers from one team in all lanes.

3.6.2 TRI-MEETS

Team affiliation is immaterial to Heat/Lane assignments. Heat order will be based solely upon swimmer seed times, slowest to fastest.

3.7 LANE ASSIGNMENTS

3.7.1 DUAL MEETS

Pool Configuration	Home	Visitor
Six-lane pool	1-3-5	2-4-6
Five-lane pool**	3-5	2-4
Four-lane pool	1-3	2-4
** Rights to Lane 1 for the fastest Heat of each Event will alternate between teams. Lane 1 in preceding Heats of each Event should alternate as well, beginning with the team <u>not</u> in Lane 1 for the fastest Heat being in Lane 1 for the next-fastest Heat, and so on.		

3.8 WARM-UP TIMES

1. Teams should arrive at the pool at such a time to allow each team to warm up prior to the start of the Meet.
2. Plan warm-ups such that competition pool closes five minutes prior to the Meet start time to allow coaches to collect Medley Relay teams.
3. Allot 25 minutes for each team's warm-up unless otherwise agreed. Home team warms up first.
4. Warm-up times will not be extended for teams or swimmers arriving late.

3.9 HEAT STARTS

1. Minimum pool depth for forward starts off the pool deck is four (4) feet. If a pool does not have a deep end of at least this depth, all Heats must commence in the water.
2. Events with forward starts should start in the deeper end of the pool.
3. Backstroke Events may start in the shallow end of the pool at the discretion of the home team, provided that the visiting team is notified prior to its designated warm-up time.
4. Lane Timers will move as instructed to accommodate the transition from a 25-meter/yard Event to a 50-meter/yard Event.

3.10 OFFICIALS PROTOCOLS

Officials' duties accord with the technical rules section of the most-current edition of *USA Swimming Rules and Regulations*, except where expressly listed herein.

3.10.1 Lead Official Protocol

Prior to the Meet start, the Lead Official will review stroke rules and establish jurisdictions with Stroke-&-Turn Judges (see [S&T Briefing](#)), and ensure that Starter delivers Lane Timer briefing (see [Timer Briefing](#)).

During the Meet, the Lead Official acts as ultimate Rules authority with certain restrictions:

1. Fields all disputes from coaches with respect to Officials' calls
2. May overturn a Judge's call in case of improper application of rule (e.g. a citing as an infraction something not actually illegal)
3. May not overturn a judgment call unless a rule was misapplied; only the Judge who made the call may retract it
4. Consults privately w/ a Stroke & Turn Judge whose judgment call is challenged
 - a. Three matters are relevant for these consultation.
 - i. Was the infraction well observed?
 - ii. Was the applicable rule applied correctly?
 - iii. Upon reflection, is the Judge who made the call still certain about it?

3.10.2 Starter Protocol

1. Starter calls each Heat using voice commands.
2. Once all swimmers are at the pool edge and judged ready to swim, Starter intones "take your mark", (calm, falling inflection rather than barked as a command).
3. Once swimmers are stationary, Starter actuates the starting signal.
 - a. They must be stationary, but not necessarily motionless. Once they are set, torso movements forward or back are false start motions. Foot movements, muscle twitches and goggle adjustments are not considered false start motions and should be ignored.
4. USA Swimming standard "no-recall" protocol is modified as follows:
 - a. Starters will recall an entire Heat only for Starter error, equipment malfunction, an external disruption that affects one or more swimmers, or safety reasons
 - b. A swimmer judged to have committed a false start does not record a legal time for that swim
 - i. The Starter or Lead Official alerts both team's coaches that a false start occurred
 - ii. The swimmer who false started may opt to re-swim. They may instead decline to re-swim and accept disqualification.
 - iii. Other swimmer(s) who claim adverse effect from the false start may also elect to re-swim.
 - iv. Any non-false-start swimmer who elects to re-swim must accept the re-swim time; they cannot choose between that time and the time recorded in the original Heat.
 - v. If any swimmer who chooses to re-swim false starts in the re-swim, they disqualify.
 - c. Timing of re-swims will be at the discretion of the Lead Official who will allow for swimmer(s) to be appropriately rested.
5. A swimmer who fails to appear for a Heat may be re-seeded into an open lane in a subsequent Heat or Event, provided:
 - a. The coach and swimmer approach Starter or Lead Official prior to completion of the first Heat in the next Event.

3.10.3 Stroke-and-Turn Judging Protocols

3.10.3.1 Individual Event Judging

1. A Stroke-and-Turn Judge observing an infraction (in their jurisdiction) shall raise a hand for minimum of five (5) seconds while continuing to observe their assigned jurisdiction.
2. Upon swimmers leaving his/her jurisdiction, the Judge shall record the infraction in their Meet program.
3. As promptly as time permits, the Judge shall record the infraction on a DQ slip.
4. First priority is equal observation of all Heats. Therefore Judge will not attempt to notify swimmers of disqualification.
5. Host teams should turn over copies of DQ slips after Meet is finalized.

3.10.3.2 Relay Judging

Disqualifications for Relay Starts and Relay Exchanges require independent dual confirmation. Unless both Officials confirm an infraction by the same swimmer, the start or exchange is deemed legal.

3.10.3.2.1 Staffing

For the Medley Relays, it is desirable to have one or two Judges observing strokes and two sets of Judges observing for early takeoffs during swimmer exchanges. Two Judges at the Start end also should judge False Starts. Starter or Lead Official can be used to judge exchanges. And Starter and one Start end Judge should observe the (initial) Start. For the Freestyle Relays, it is unnecessary to separate stroke and exchange infractions.

*If the teams collectively lack the total number of officials required to separate observation of stroke and exchanges, the **Judges should be instructed to sacrifice observations of finishes in favor of observation of exchanges.***

3.10.3.2.2 Positioning

Ideally, Judges observe from opposite sides of the pool. However, if one side is so disadvantageous compared to the Starter area (for example a diving well abuts one of the outside lanes), it is permissible for both Judges to observe from the same side of the pool, being mindful to judge independently and to compare with minimal and no verbal interaction.

3.10.3.2.3 Judging the Relay Start

Lead-off swimmers are judged as in Individual Events.

3.10.3.2.4 Judging Relay Exchanges

Unlike lead-off swimmers, other participants starting from the deck do not need to be stationary. They may even step into their dive by placing a foot up to the edge of the pool and taking as much as one full step prior to takeoff. Running starts, by contrast, are prohibited and subject to disqualification because they are unsafe.

1. Diving Exchanges. Officials observe the feet of the entering swimmer leave the pool deck then drop their eyes to ensure the touch has occurred.
2. In-water Exchanges. A hand on the wall plays the role of the feet as described in Diving Exchanges. The upcoming swimmer may need to reposition to accommodate the incoming swimmer, so the hand must be on the wall only at the time of the actual exchange. Judges should observe that the hand loses contact with the wall—when they judge that swimmer is commencing to swim—then look to see that the touch has occurred.

Proper exchange observation builds in benefit of the doubt for the swimmers.

3.10.3.2.5 Recording Infractions

1. For *stroke infractions* follow the same protocol as Individual Events.
2. For *false starts* and *early takeoffs* on exchanges, Officials should not raise a hand.
 - a. Each official marks their program by placing an X on the (order) number of the swimmer(s) judged starting early and by circling the number of swimmer(s) leaving legally. Occasionally swimmers swim in a different order than listed in the Meet program. This is irrelevant, so the focus is on where in the order the infraction occurred.
 - b. *Using Dual Meet Relay Takeoff Slips is recommended.* These slips list only the relevant lanes (2-3 in four-lane pools; 3-4 in 5-lane and 6-lane pools), numbers for swimmers 1 and 2, and can be used and marked for Start end or Turn end. For tri-Meets, an additional lane can be written in. Championship Meets will use slips with six lanes listed, but the mechanics are the same.

3.10.4 Timer Protocols

3.10.4.1 Head Timer

1. Organizes pre-Meet [Timer Briefing](#), and may deliver briefing if delegated by Starter.
2. For each Heat, starts two watches to be ready to swap with Lane Timers in cases of fouled watches.
3. Manages the Lane Timers, ensuring for each Heat that they:
 - a. At the START, take any position such that they:
 - i. Can see the visual start signal (strobe).
 - ii. Stay out from between the swimmers, away from the pool edge to ensure clear view of swimmers for Starter
 - b. At the FINISH, position themselves so that their eyes are parallel to the wall of the pool in order to see the actual touch *that may happen well under the water.*

3.10.4.2 Lane Timers

Staffed three per lane. Each timer operates a stopwatch, Each timer operates a stopwatch or electronic timing device, if three electronic timing devices are used there must be one back up watch time taken and recorded on the timer sheet (one timer may do electronic in dominant hand and back up in non-dominant hand). If 1 or 2 electronic timers are used than you must have manual watches to capture 3 total times per lane. Any individual timer may not capture more than one primary time.

In all cases the middle time of 3 times will be recorded as the official time. In the event only two times are captured those will both be entered into Swimtopia where an average is calculated. *Note if you have two electronic times you will need to add the third time into Swimtopia to ensure the swimmer has their middle time. If you have one electronic time you will need to manually enter both additional watch times into Swimtopia.

and One Timer records all three times as follows:

1. START the watch at the flash of the strobe light from the electronic starting system (or signal from other start device)
 - a. Check to ensure proper watch is functioning after each Start.
 - b. In case of a fouled watch (including a late start), call for Head Timer to swap watches

2. STOP the watch upon contact of any part of the swimmer's body with the wall at the completion of the prescribed distance.
3. RECORD all three times. One Timer in each lane marks the official Heat sheet, recording times even in cases of DQs.
 - a. Circle the middle of the three times (or any tied time).
 - b. Indicate if any watch time is known to be slow (late stop)
4. CLEAR/RESET the watch to be ready for the next Heat once the time is recorded.

The timer marking the Heat sheets should record NS (no show) for any swimmer that does not compete in the assigned Heat.

3.11 MEET DELAYS, POSTPONEMENTS, CONCLUSION

Teams should follow Anne Arundel Country regulations and home team's pool rules in cases of inclement weather.

3.11.1 Meet Postponements

Decisions to postpone due to adverse weather conditions will be made upon majority agreement among the teams' League Representatives and the Lead Official (or two of four in Tri-Meets).

1. Meets having completed Event 36 may be declared completed by either team.
2. Meets postponed prior to completion of Event 36 may be conceded by either team.
3. A tie may be declared by mutual consent.
4. For Meets declared completed or conceded, the score is calculated through the last completed Event.
5. Postponed Meets continue from the point of the last completed Heat prior to postponement.
6. The home team must notify the GASL secretary of a Meet postponement and when the Meet will resume.

3.11.2 Meet Continuations

1. Default date/time is following Wednesday night at 5:30pm.
 - a. The teams may mutually consent to a different date or time.
 - b. Absent agreement, if a team cannot compete on the rain date, the team forfeits.
2. The late-season rain date is the Monday following the last scheduled dual/tri-Meet.
3. Under no circumstances may completed Heats be re-swum.
4. Swimmers may be added to the Meet, but swimmers already entered may not change events.
5. Swimmers may add events, though maximum Event-per-Meet limits still apply.
6. Coaches must deliver adjusted lineups to Clerk of Course prior to resumption of the Meet.

3.11.3 End of Meet Conduct

End of Meet shall occur upon mutual verification of the final score for the Meet.

1. There shall be no dangerous behaviors including jumping into the pool en masse or pushing coaches in. Violations could result in sanctions including forfeiture of the Meet.

3.12 MEET RESULTS

1. Home team (or, by mutual agreement, Visiting team) must post results of Dual Meets on the league website within 4-hours of the completion of the Meet.
2. Home team will “lock out changes” the meet in Maestro and initiate the results transfer.
3. Results must be in pdf or word format and include all the Meet information including date, scores, teams’ information, all no-shows, DQs, points, etc.

3.13 SCORING & AWARDS

Event Type	Place	Score	Ribbon
Individual	1 st overall	5	Blue
	2 nd overall	3	Red
	3 rd overall	1	White
	4 th overall	0	Yellow
Individual	< 4 th overall	0	Optional*
Individual	1 st in Heat	0	Heat Winner
Medley Relay	1 st	7	Blue x 4
	2 nd	2	Red x 4
Freestyle Relay	1 st	7	Blue x 5
	2 nd	2	Red x 5

* Any team may opt at its own expense to ribbon beyond 4th place.

3.13.1 Dual Meets

3.13.1.1 Scoring Ties

N number of tied swimmers split evenly the points for the place of their tie and those of N-1 lower places. Sum points for the tied place and any lower place(s), then divide between the teams.

Example: In a race with a Team 1 winner and a three-way tie for second (one swimmer from Team 1 and two swimmers from Team 2. Award 5 (1st place) to team 1, then sum 2nd, 3rd and 4th (3+1+0), and divide 2/3 for team 2 (2.67) and 1/3 for team 2 (1.33).

3.13.1.2 Awarding Ties

For any tied place, award N identical place ribbons, skipping the next N-1 places.

Example: In a race with 6 swimmers, a three-way tie for second but no other ties: award one first, three seconds, no thirds or fourths, (optionally fifth, sixth).

3.13.2 Adjustments for Tri-Meets

1. Scores, including ties, are computed for each of the two Dual Meets comprising the Tri-Meet and follow Dual Meet procedure.
2. Awards are for “combined overall” (three-team) results rather than by Dual Meet matchup.
 - a. Six (6) places for Individual Events; three (3) places for Relay Events

3.14 PROTESTS PERTAINING TO CONDUCT OF MEET

3.14.1 Missing an Entry Deadline

If a team should fail to deliver its Entries within three (3) hours of the exchange deadline, the non-offending team may lodge a protest with the League President. The Board may at its sole discretion invoke up to a 50-point penalty if it deems warranted, and its decision is final.

3.14.2 Day-of-Meet Occurrences

1. Meet-related protests must be filed with the Lead Official prior to the two teams closing out the Meet (generally 30-60 minutes after conclusion of the final event).
2. Protests will be referred to the League President, who will confer with representatives of the involved parties to seek a mutually agreeable outcome.
3. If a satisfactory outcome does not emerge, the President will appoint a three-person board to weigh the matter, and its decision will be final.
4. There is no deadline for requests for timing adjustment in cases of data entry error (e.g., misreading of Timer sheets or physical entry error by scorekeeper). These corrections have no bearing on the Meet score unless teams agree to re-run the score.
5. Upon mutual consent, teams may rectify scoring errors at any time during the season. Absent agreement, the original score stands.

3.15 OTHER DISPUTES

An abiding League principle is the expectation of mutual respect between and amongst parents, swimmers, coaches and officials. Violations may result in disciplinary action including ejection from a Meet, being barred from future Meet(s) or forfeiture of Meet.

3.15.1 Competition

1. Any coach may inquire of a Judge the nature of a call that the Judge made. Under no circumstances should the coach attempt to debate the correctness of the call with the Judge.
2. If a Head Coach wishes to question or dispute a call, the Coach and team's League Representative may approach the Lead Official together.
3. All matters pertaining to any other aspect of competition should be communicated first to the team's League Representative and then brought to the Lead Official
4. Except as expressly outlined above, no one should approach any Judge (about matters pertaining to the Meet) other than the Lead Official during or following the competition.

3.15.2 Safety & Discipline

All matters pertaining to safety or discipline should be communicated to the team's League Representative, who will confer with other League Representative(s) and/or the Lead Official as required.

1. If a situation becomes volatile, any League Representative or the Lead Official may *at their sole discretion* halt competition for up to 15 minutes in order to resolve the situation. If the situation remains unresolved within 15 minutes, the Meet will be postponed indefinitely unless the League Representatives and Lead Official unanimously agree to extend the deadline.
2. If a Meet is halted in this manner, protest(s) should be filed with the League for adjudication by its Board.

3.15.3 Possible Sanctions

Anyone in persistent violation of these rules will be asked to leave the premises by the Lead Official.

1. Refusal to leave the premises could result in sanctions against individuals (e.g. barred from future Meets) or the offending team (up to and including forfeiture of the Meet).
2. In the Event of a forfeiture of a Dual Meet, all of the non-offending team's swimmers entered in the Meet will be credited with having participated in one Meet.

4. CONDUCT OF CHAMPIONSHIP MEETS

4.1 CHAMPIONSHIP DATES

1. Bronze: The first Wednesday after the last (scheduled) regular season Meet
2. Silver: The first Saturday after the last regular season Meet
3. Gold: The first Sunday after the last regular season Meet.

4.1.1 Rain Dates

1. Bronze: Next day (Thursday)
2. Silver and Gold Meets: Will be published by July 1, pending conference between the league president and the host teams

4.2 VENUES

1. Must satisfy all of these requirements for adequate:
 - a. Competition pool with minimum 5 lanes of either 25Y or 25M
 - b. Parking (N spots within ¼ mile of the venue)
 - c. Space for concessions that does not conflict with the flow around the competition pool
 - d. Spectator space
 - e. Seating space for all teams' swimmers
2. The venue for the Gold Championship Meet shall alternate between Yard and Meter pools each season whenever possible.

4.3 ELIGIBILITY TO HOST

Any team in good standing will be eligible to request to host a Championship Meet provided they have:

1. Appropriate venue per 4.2
2. A volunteer member serving in a GASL leadership role for two(+) of the previous five years, as either:
 - a. Elected officer
 - b. Appointed standing committee chair to any standing committee as defined in current GASL Constitution and Bylaws EXCEPTING the Championship Committee)

Eligibility exceptions require majority vote of the GASL Executive Committee

4.4 SWIMMER ELIGIBILITY

1. Championship qualifying times shall be published to League Representatives on or before the date of the first competition.
2. Swimmers may compete in one Championship Meet only.

4.4.1 Minimum Meet Participation

1. Swimmers must have competed in two or more (dual or tri-) Meets.

2. Non-League competitions do not count towards eligibility.
3. Inter-squad Meets scheduled and approved by the League Board count if run according to Dual/Tri-Meet rules as described above. If approved, please use the GASL meet template to ensure times are captured for championship qualifying. All other meets should use the GASL template indicated for Inter-squad meets.

4.4.2 Qualifying for Individual Events

1. A swimmer's qualifying time in an Individual Event is the season-best, verifiable League time.
2. A swimmer's qualifying time must fall within the range of time standards for that Meet.
3. Provided a swimmer satisfied 4.3.1, a single qualifying time suffices for each Event

4.4.3 Qualifying for Relays

A swimmer may swim any Relay leg provided he or she is entered in an Individual Event in that Meet.

4.5 EVENTS

1. Events will follow the standard order of Events except at the Bronze Meet where Events 55 and 56 shall be swum after the completion of the backstroke events.
2. For Relay Events, positive check-in to the Clerk of Course is required prior to the end of warm-ups. Relay squads failing to check in will be scratched
3. Only one Relay squad may swim per Team per Event.
4. In the Bronze Championship Meet:
 - a. Medley Relays will include one swimmer from each of the following age groups 8U, 10U, 12U, and 14U (in no particular order) each swimming 25 yards/meters.
 - b. Free Relays will total 100 yards/meters in four 25-yard/meter lengths and will include one swimmer from each of the following age groups:8U, 10U, 12U and 14U.

4.6 SEEDING

1. Each team will both lock/set ready entries in Maestro and e-mail separate entry files (Bronze, Silver, Gold) to respective Host teams by 1 p.m. the day before the league Championship seed Meeting.
 - a. Filenames should contain the team name or abbreviation.
 - b. Email should contain the listed relay swimmers.
2. Eligible swimmers may be entered in a maximum of four Events as follows:
 - a. 3 Individual Events and 1 Relay
 - b. 2 Individual Events and 2 Relays.
3. Individual Event seed times must be verifiable 25-yard times from the current season
 - a. HyTek-Swimtopia Maestro conversion times may be used.
 - b. 20-yard to 25-yard factor: 1.283.
 - c. Times from swims in which a "DQ" was registered may not be used.
4. Host teams will designate a Meet entry director and will provide to the league email, phone and any other appropriate contact information. The entry director will:
 - a. Be responsible for collecting entries, seeding the Meet and publication of Meet programs and entry lists.

- b. Send a confirmation of receipt of entries by e-mail to each team no later than 9 p.m. the night before the seed Meeting
 - c. Provide a printed copy of each team's entries for review and amendment at the seed Meeting.
 - i. Each team will be expected to sign off on their entries.
 - d. Publish a psych sheet to the league for the Silver and Gold Meets within 24 hours of the seed Meeting.
 - e. Publish a final Meet Program 24-48 hours prior to that Meet's start time.
5. The Championship seed Meeting shall be held on the Monday evening following the last scheduled regular season Meet. Each team will bring to the seed meeting:
- a. A printed proof of times and proof of participation in two GASL Dual Meets (Individual Top Times/show two Meets will suffice).
 - b. An additional copy of total number of entries and a check for the entry fees written to GASL.
 - c. Relays squads with names of the swimmers.

Upon, submission of meet entries, by 1 p.m. the day before the league Championship seed Meeting, neither additional nor modified entries will be accepted except at the discretion of the Championship Committee. Additions may only be made in the case of coach error. Events may not be changed for individual athletes other than a scratch. Changes will ONLY be made by host team in Maestro. No deck entries will be accepted at any Championship Meet.

- a. Day-of-Meet Relay substitutions will be allowed (only) for cases of injury or illness, provided that the substitute swimmer's entry limitation permits.

4.7 REQUIREMENTS OF HOST TEAMS

- 1. Host Teams will provide at the seed Meeting:
 - a. A map of the venue with parking instructions and assigned team areas indicated.
 - b. Meet work assignments for each team roughly proportional to the number of swimmers entered.
 - i. Meet assignments should be reduced by number of officials provided.
- 2. Host Teams will provide upon arrival at Meet venue a package consisting of three Meet programs, vouchers for concessions for two coaches, Meet entries with Heat and lane assignments for posting
- 3. Host teams are responsible for:
 - a. Providing concessions
 - b. Expenses and conduct of maintenance of the Meet venue including but not limited to set up, clean up, bathroom attendants (if needed), lifeguards and pool ops.

4.8 ATTIRE

- 1. Swimmers may wear any swim cap and/or competition suit as defined under swim suit regulations as long as it does not bear the name or logo of any team other than the GASL team of which the swimmer is a member. NO CLUB caps or suits.
- 2. Stroke and Turn Judges, Starters and Referees shall wear white polo and navy blue shorts, skirts or pants.

4.9 REQUIRED MEET PERSONNEL

Protocol is identical to Dual Meets with the following exceptions.

4.9.1 Officials Selection

1. Officials Chair will designate the Lead Official and Starter for each Meet
 - a. It is permissible for single person to play both roles.
2. Officials Chair and Lead Official for each Meet will recruit and select Judges. Experienced officials preferred, especially USA Swimming or Y-certified Officials.

4.9.2 False Start Protocol

False Starts follow the standard USA-S no-recall procedure.

1. Dual Confirmation is desirable but not required at Bronze and Silver
2. Dual Confirmation is required at Gold

4.9.3 Ideal Judge Staffing - Individual Events

1. 5-lane pools: Three (3) Judges observing on each end
2. 6-lane pools: Three (3) Judges observing *on each end*
3. One Judge at Start end observing starts with Starter

4.9.4 Ideal Judge Staffing – Medley Relays

1. Three Judges observing stroke on Start end
2. Three Judges observing stroke on Turn end
3. Four Judges observing Start-end exchanges (two pairs with three-lane observation)
4. Four Judges observing Turn-end exchanges (two pairs with three-lane observation)
5. One Judge at Start end observing starts with Starter

Lead Official, if not also acting as Stroke-and-Turn Judge or Starter, may observe Relay exchanges on either end. Starter may observe Relay exchanges on the Start end.

Note: If availability of Officials or space constraints make it impractical or impossible to staff four exchange observers per end, two exchange observers suffice.

4.9.5 Ideal Staffing – Freestyle Relays

1. Four Judges observing stroke and Start-end exchanges (two pairs with three-lane observation)
2. Four Judges observing stroke and Turn-end exchanges (two pairs with three-lane observation)
3. One Judge (may be one of the above) at Start end observing starts with Starter

Lead Official, if not also acting as Stroke-and-Turn Judge or Starter, may act as Judge on either end. Starter may act as Judge on the Start end.

4.9.6 Minimum Staffing

One (1) Starter plus:

1. Bronze and Silver: Two judges on each end observing both stroke and Relay exchanges
2. Gold: Two Judges on each end observing stroke, and two on each end observing Medley Relay exchanges. Thereafter three Judges on each observing strokes and exchanges in Freestyle Relay. One Judge at Start end observing starts with Starter

One of the above Officials will act as Lead Official if not staffed as a solo role

4.9.7 Administrative Role Assignments

For each Championship Meet, all teams are required to fill the roles defined in 2.5.2. Teams, including the Host, are expected to shoulder their fair share of total meet assignments, accounting for both administrative roles and Officials.

1. Calculate total administrative role assignments required in half-Meet or full-Meet increments

2. Calculate preliminary role assignments by teams (TeamX swimmers in the Meet / total swimmers entered in the Meet)
3. Obtain from Lead Official the Officials assignment for the Meet.
4. For teams providing Officials, reduce administrative assignments by one full-Meet (or two half_Meet) per Official working the Meet.
5. Proportionally redistribute assignments to the teams not providing Officials in order to arrive at final role assignments.

4.10 AWARDS

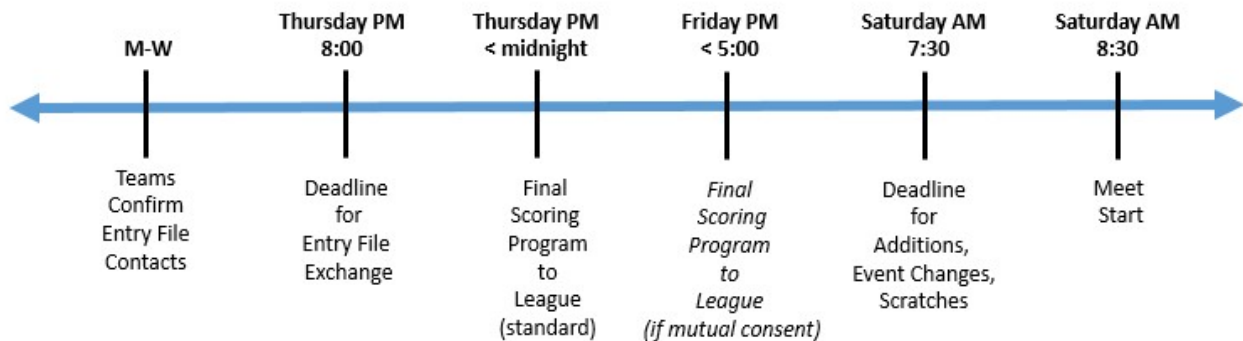
Ribbons will be purchased by the Ribbons Chair as assigned by the league president and delivered to Championship Meet hosts at the seed meeting.

1. Individual Events: 1st through 12th
2. Relays: 1st through 6th.
3. Participation ribbon: Awarded only to swimmers who did not ribbon in any Event.

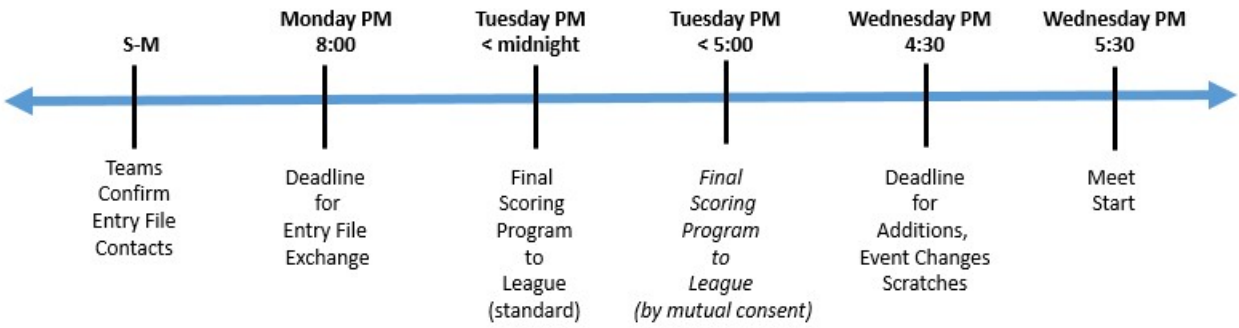
5. APPENDIX

5.1 Entry Timelines

Entry Timeline – Saturday Dual/Tri Meets



Entry Timeline – Wednesday Dual/Tri Meets



5.2. GASL Pre-Meet Timer Briefing

Welcome

- Thank you for volunteering. You capturing fair and accurate times is crucial for a great Meet.
- Turn Cell Phones off or to vibrate; no photography behind where kids are starting from**
- Pool Configuration & Movement**
 - This is a N-lane pool, with Lane 1 being <location> and Lane N <location>.
 - Timers will move to turn end for 25s and back to start end for 50s.
- Introduce Head Timer and describe role**
- Address Lane Timers:**
 - 3 people per lane all w/ watches, one w/ a clipboard
 - **Ask experienced people to drive the clipboard.**
 - If a swimmer is scheduled for your lane and does not swim, mark NS on Heat Sheet.
 - If a Heat (for example Heat 2) is combined, or we insert a kid who missed a Heat, please write in the swimmer's name if different than what you have on your sheet

Procedure Review

AT THE START

- Stand *anywhere*** as long as you:
 - **Stay out from between swimmers** (4-6 feet from pool edge)
 - **Can see the strobe light** on the starting system[Starter calls Event or Heat]
- Encourage swimmers to step forward** if they hesitate
[Starter calls "Take Your Mark"]
- Look at the strobe**
- When the strobe flashes, **start your watch**. Start on the horn if you blink.
- Check your watch** to ensure it's running.
 - If the watch fouls or you started it late, **call loudly** for the Head Timer who will exchange watches with you. (And don't sweat it!)
- Locate your next swimmer** (ask them for their name)

AT THE FINISH

- Get in the right position: Eyes parallel to wall**
Accommodate Stroke-and-Turn Judges who must be in a particular spot
- Best Practices:**
 - Do not watch the swimmer's hand – you'll anticipate the touch
 - Estimate where the swimmer will likely touch the wall
 - Do focus on the wall and wait for an actual touch to occur
 - Stop the watch when any part of the swimmer's body touches the pool wall or deck.
 - Under no circumstances may *anyone* touch a swimmer before the conclusion of a race (i.e., putting a hand between the child's head and the wall in backstroke)
- Record the times *exactly as they appear*** on the watches (2 decimal places)
 - Write "late" or "early" next to your time if you fumble the finish
- Circle the *middle time*** of the three times
- Clear the watch** after ensuring times are recorded properly

Execute a Practice Start/Stop

- Call the Event
- Call Take Your Mark
- Simulate the Horn
- Wait a while, the say Stop!
- Check times, repeat if necessary

5.3. GASL Officials' Pre-Meet Briefing

BENEFIT OF THE DOUBT GOES TO THE SWIMMER

Call what you see, and see what you call

STROKE-AND-TURN JUDGE JURISDICTION & POSITIONING	<ol style="list-style-type: none"> 1. Jurisdiction: Two lanes or as assigned by Lead Official. 2. Positioning: Stationary in center of assigned jurisdiction 3. In 5-lane pool, Judge with single lane should observe 50% of the time in the adjacent lane but only make calls in the assigned lane
Making Calls	<ol style="list-style-type: none"> 1. Observe: From the wall to the midpoint of the pool 2. Raise hand confidently, leave up for 3-full seconds, continue observing 3. When they leave your jurisdiction, then mark your program. <ol style="list-style-type: none"> a. DQ slips can wait if need be. 4. Make all calls you see, even if the other end seems to be calling the same stuff
Medley Relay Judging	IF POSSIBLE - Separate Medley Relay stroke and exchange (takeoff) observation <ul style="list-style-type: none"> • Stroke: One Judge on each end can observe both scoring lanes; ignore others • Start end exchanges: Starter and one Judge • Turn end exchanges: Two Judges
Freestyle Relay	Judges on outside jurisdictions on each end can observe both stroke and exchanges

<p>FREESTYLE RELAY Four swimmers each swim one length and a fifth swimmer swims two lengths Freestyle rules apply.</p> <p>MEDLEY RELAY Each swimmer must swim one length, in order of Backstroke, Breaststroke, Butterfly and Freestyle. Rules pertaining to each stroke apply.</p>	<p>TAKEOFF JUDGING MECHANICS</p> <p>From Deck: Swimmer's feet/foot must remain in contact with the deck until the incoming swimmer has touched the wall. Observe the feet lose contact w/ the deck, then drop your eyes to see that the touch has occurred.</p> <p>In Water: Swimmer's hand on the wall is like the feet of the swimmer starting from the deck. Swimmer may need to reposition, so the hand only has to be on the wall at the moment when your judge he/she is taking off. Observe the hand leave the wall, then drop your eyes to see the touch.</p>
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FREESTYLE	
Start	Forward start
Stroke	Any style may be used
Kick	Any style may be used
Turns / Finish	Some part of swimmer must touch the wall

BACKSTROKE	
Start	<ol style="list-style-type: none"> 1. In water facing start end with both hands on the coping. 2. Feet/toes may be above the water level. 3. Swimmer may be submerged after start and turn not more than 15 meters where head must break surface.
Stroke	<ol style="list-style-type: none"> 1. Any style as long as swimmer remains on back (shoulders at or past vertical towards the back). 2. After surfacing on start and turn, some part of the swimmer must break surface throughout the race.
Kick	Any style may be used
Turn	<ol style="list-style-type: none"> 1. Some part of swimmer must touch wall at completion of each length. 2. During turn swimmer <u>may</u> go past vertical to the breast and <u>may</u> utilize a continuous single or continuous simultaneous double arm pull to initiate the turn. Once reaching the breast, there should be no delay initiating the arm pull. Once arm pull is completed, there should be no delay initiating some turning motion. 3. Shoulders at or past vertical toward back when feet leave wall.
Finish	Some part of the swimmer's body must contact the wall while on the back.



5.3. GASL Officials' Pre-Meet Briefing

BUTTERFLY	
Forward Start	Swimmer may be submerged after start and turn not more than 15 meters where head must break surface.
Stroke	<ol style="list-style-type: none"> 1. After surfacing on start and turn, some part of the swimmer must break surface throughout the race. 2. Body kept on breast (shoulders at or past vertical towards the breast). 3. Multiple Kicks permitted 4. Don't have to use arms, but if they do: <ul style="list-style-type: none"> • First Pull: Must bring swimmer to the surface. • All Pulls: Arms, shoulder to wrist, brought forward over water and pulled back simultaneously.
Kick	Simultaneous up and down leg movement. No alternating, scissors, or breaststroke kicking movements.
Turn	<ol style="list-style-type: none"> 1. With both hands separated, touch simultaneously at, above, or below the water surface. 2. Shoulders at or past vertical toward breast when the swimmer leaves wall.
Finish	With both hands separated, touch simultaneously at, above, or below the water surface.

BREASTSTROKE	
Forward Start	Forward start After start prior to the first breaststroke kick, a single butterfly kick is permitted.
Stroke	Body kept on breast (shoulders at or past vertical towards the breast). Stroke cycle is one arm pull and one leg kick in that order. Simultaneous arm movement in same horizontal plane. After start and each turn one arm stroke may be completely back to legs. Head must break surface at widest part of second pull. Recovery by the hands from the breast on, under, or over the water. Elbows under water except last stroke before turn or finish. During each complete cycle, some part of head shall break the surface of the water.
Kick	Movement of the legs shall be simultaneous vertically and horizontally. Feet turned out during propulsive part of kick. No alternating, scissors, or butterfly kick, except as stated, is allowed.
Turn	<ol style="list-style-type: none"> 1. With both hands separated, touch simultaneously at, above, or below the water surface. 2. At the last stroke, an arm stroke not followed by a leg kick is permitted. 3. 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 last complete or incomplete stroke cycle preceding the touch. 4. Shoulders at or past vertical toward breast when the swimmer leaves wall. 5. After turn, prior to the first breaststroke kick, a single butterfly kick is permitted.
Finish	<ol style="list-style-type: none"> 1. With both hands separated, touch simultaneously at, above, or below the water surface. 2. At the last stroke, an arm stroke not followed by a leg kick is permitted. 3. 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 last complete or incomplete stroke cycle preceding the touch.

100YARD/METER INDIVIDUAL MEDLEY	
Forward Start	
Stroke	Rules for each stroke apply. Must swim one length per stroke, in order of Butterfly, Backstroke, Breaststroke, and Freestyle. <i>May not swim in the style of the other three strokes during the freestyle leg. During freestyle leg, swimmer must be on the breast (shoulders at or past vertical towards the breast) except when executing a turn.</i>
Kick	Rules for each stroke apply
Turn	There are no turns, so turn rules do not apply
Finish	Transition turns conform to finish rules for the stroke being finished and start rules for the stroke being started. During breaststroke to freestyle turn, swimmer must return to breast (shoulders at or past vertical towards the breast) prior to any kick or stroke. Some part of swimmer must touch the wall at completion of each length or required distance.

BENEFIT OF THE DOUBT GOES TO THE SWIMMER
Call what you see, and see what you call

