

SSSL

Seattle Summer Swim League

Operating Plan

2006

Changes for 2006

* *Follow USS rules on Breaststroke Turn:* "After the start and each turn, a single downward butterfly kick followed by a breaststroke kick is permitted while wholly submerged. Following which, all movements of the legs shall be simultaneous and in the same horizontal plane without alternating movement." (II T)

I. League Organization

- A. The Seattle Summer Swim League is divided into two divisions for dual meets, preliminaries for division championships, and "B" Championships.
- B. Separation of the League into two divisions is determined by geographic area.
- C. The divisions by swim club are:

<u>Northern Division</u>		<u>Southern Division</u>	
Aqua Club	Sand Point	Arbor Heights	Marine Hills
Blue Ridge	Sheridan Beach	Gregory Seahurst	Normandy Park
Innis Arden	View Ridge	Kent	Olympic View
Klahaya	Wedgwood	Lakeridge	Twin Lakes

- D. Each division will schedule its own dual meets at the League Spring Meeting. Each team must schedule and compete against at least four teams in its dual meet division in order to be eligible for the dual division award.
- E. Trophies will be awarded to the championship team of each dual meet division.
- F. The dues for 2006 are \$450.00 per club and are paid to the League Treasurer by June 1. After June 1 payment will be \$500.00 reflecting a fine of \$50 assessed to the respective club. Any club that does not pay its annual dues or any outstanding debt will not be eligible to compete in any SSSL Championship meet. (revised 2005)

II. Rules

- A. High School rules are to be followed in all dual meets and championship meets except where they conflict with rules in the present SSSL By-Laws and Operating Plan. Teams are required to adhere to the SSSL Team Code of Conduct (Appendix B). Any team member expelled from a meet will also be restricted from participating in the next league scheduled competition.
- B. All swimmers must complete an SSSL Participation Form (Appendix C) before taking part in their club's swim team program. Each club will return a letter certifying that all team members have a participation form on file. This certification letter (Appendix D) is to be signed by the head coach, the pool manager, and a representative for the Board and sent to the SSSL president by June 15th. These signees will be responsible for making sure that participation forms are complete and up to date. (adopted 2003)

- C. Swimmers are allowed one false start. A second false start on an individual in an event will result in disqualification.
- D. Any swimmer is eligible to compete in SSSL competition whose family is a dues paying member meeting the normal financial responsibility of that swim club to include full use of the pool for the entire summer season for the entire family or is a child of the manager or head coach. For inclusion of any other employees' children the team must petition to the league. This is a one time petition unless the employment situation changes. House guests of club members who want to participate in SSSL competition must stay with that family for a minimum of six (6) weeks during the SSSL season. House guest must begin by June 15th and the coach must notify by writing to the SSSL President by this date. Smaller teams may bring in a limited number of swimmers from their lesson programs following the guidelines in Appendix A.
- E. Any club in violation of eligibility rules will forfeit the meet in question. The Board has the authority to request information from the club to determine proof of eligibility of the swimmer(s). (revised 2001)
- F. Competitor's age for competition for the SSSL season shall be their age as of June 15.
- G. In the course of a season, an individual may represent only one SSSL club unless otherwise approved by the SSSL Board.
- H. Once a relay team has qualified for the finals, substitutions can be made only for illness or other legitimate absences. Substitutes must be listed as subs. "B" relay members are considered as subs for "A" relay teams. A note signed by a physician, coach, and parent must be submitted to the meet referee in order to allow reinstatement of an ill or injured swimmer.
- I. An alternate may swim in an event only if listed as an alternate of the event at the time the meet entries are filed.
- J. Swimmers and alternates in all meets are limited to a total of four (4) events which may be either one relay and three individual events or two relays and two individual events.
- K. One swimmer from each age group may swim an entire meet in the next age group. If she does so, she may not swim in an event in her own age group in that meet. In addition, for each relay in an age group one swimmer may be moved up. This swimmer may not swim in the same event in her own age group. The same swimmer may not move up for both the free relay and medley relay. No swimmer may move up more than one age group for any reason.
- *(Example: Mary may be moved up from 8 & under to swim in the 10 & under free relay. This relay might also include Sue who has moved up for the entire meet. However, Mary cannot swim in the 10 & under medley relay. The 10 & under medley relay might include Sue and Jane, who was moved up for this relay. This can happen for all applicable age groups.)*
- L. Any swimmer who missed an individual or relay event during dual and championship competition shall be excluded from that event only. The swimmer shall be able to participate in all other events in which he has been entered.
- M. It is the responsibility of the coach to know that a swimmer who competes in the preliminaries for a division championship meet will be available to swim in the division and SSSL championship meets. Exceptions to this rule are noted in Section II-G. When a flagrant violation of this rule is reported to the SSSL Board the Board will meet prior to the SSSL

Championship Meet to take action.

- N. Only those times achieved in the preliminaries to the Division Championships, the Division Championships, or the SSSL Championships shall be considered SSSL Records. Swimmers cannot establish individual event SSSL records during a relay.
- O. The SSSL will use High School rules to determine the official time when times from only two watches are recorded (average time).
- P. It shall be a SSSL policy or statement that organized, published, and directed swim team turnouts for a given SSSL swim club shall not take place following the closing of, and not until the actual opening date of each individual pool for the summer season. This would not preclude any swimmer turning out individually. This shall be interpreted as a means of providing equal opportunity for all teams involved in our swim league. It shall be the professional responsibility for each club's Board of Directors, swim team committee, and swim coach to uphold this concept.
- Q. The All-City meet will be held on the first Tuesday of August.
- R. It is recommended that all swimmers on the team wear suits of identical coloring and pattern. A competitor shall not be permitted to participate wearing a suit that is not of decent appearance. Boys shall wear trunks, which cover the buttocks. Girls shall wear suits, which cover the buttocks and breasts.
- S. Jewelry may be worn as long as it is not a hazard.
- T. After the start and each turn, a single downward butterfly kick followed by a breaststroke kick is permitted while wholly submerged. Following which, all movements of the legs shall be simultaneous and in the same horizontal plane without alternating movement. (Adopted 2006)

III. Swimming Events

A. Events will be swam in the following order:

Girls	Boys	Events
1	2	14 and under 50 yard freestyle
3	4	18 and under 50 yard freestyle
5	6	8 and under 100 yard medley relay
7	8	10 and under 100 yard medley relay
9	10	12 and under 200 yard medley relay
11	12	14 and under 200 yard medley relay
13	14	18 and under 200 yard medley relay
15	16	8 and under 100 yard freestyle relay
17	18	10 and under 100 yard individual medley
19	20	12 and under 100 yard individual medley
21	22	14 and under 100 yard individual medley
23	24	18 and under 100 yard individual medley
25	26	8 and under 25 yard freestyle
27	28	10 and under 50 yard freestyle
29	30	12 and under 50 yard freestyle
31	32	14 and under 100 yard freestyle
33	34	18 and under 100 yard freestyle

35	36	8 and under 25 yard backstroke
37	38	10 and under 50 yard backstroke
39	40	12 and under 50 yard backstroke
41	42	14 and under 50 yard backstroke
43	44	18 and under 50 yard backstroke
45	46	8 and under 25 yard breaststroke
47	48	10 and under 50 yard breaststroke
49	50	12 and under 50 yard breaststroke
51	52	14 and under 50 yard breaststroke
53	54	18 and under 50 yard breaststroke
55	56	8 and under 25 yard butterfly
57	58	10 and under 25 yard butterfly
59	60	12 and under 50 yard butterfly
61	62	14 and under 50 yard butterfly
63	64	18 and under 50 yard butterfly
65	66	10 and under 200 freestyle relay
67	68	12 and under 200 freestyle relay
69	70	14 and under 200 freestyle relay
71	72	18 and under 200 freestyle relay

- B. Swimmers may swim in SSSL meets through the summer following high school graduation if he/she is no older than 19 years old.

IV. Championship and Dual Meets

- A. Any SSSL club electing not to compete in dual meets at the spring meeting prior to the forthcoming season may swim in the All City Preliminary Division Championships and the “A” and “B” Championships if they meet all league standards. A team electing not to compete in dual meets may swim “B” meets with any swim club. “B” meets are on a no count basis.
- B. Points for meets will be awarded as follows:

	Championships		Dual Meets	
	<u>Relays</u>	<u>Ind. Events</u>	<u>Relays</u>	<u>Ind. Events</u>
1st	14	7	8	5
2nd	10	5	4	3
3rd	8	4	2	1
4th	6	3	0	0
5th	4	2	0	0
6th	2	1	0	0

- C. When swimming dual meets in a six lane pool, all six lanes shall be eligible for scoring. No more than three individuals or three relay teams from each club are eligible for scoring. In a four or five lane pool, no more than two individuals or two relay teams from each club are eligible to enter an event; the other swimmers shall be notified by the starter. The use of the extra lane in a five lane pool will be decided on a compromise basis between the clubs.
- D. At the conclusion of each meet the home team shall prepare a meet summary and scoring sheet which shall include: events by number, title of each event, contestant’s name, place, time, and club. This must be made available to the visiting team at the end of the meet.

E. Total team scores, boys and girls, shall be kept to determine all dual meets, division, and SSSL championship meet winners.

F. Officials shall include:

<u>Dual Meets</u>	<u>Championship Meets</u>
1 starter-referee	1 starter referee
1 announcer	1 announcer
1 clerk of course	1 clerk of course
3 timers per lane	3 timers per lane
1 first place timer	2 first place timers
1 alternate timer	2 alternate timers
2 score keepers	2 score keepers
1 runner	1 runner
2 stroke & turn judges	4 stroke & turn judges

Special care should be given to the selection of officials with careful consideration given to the stroke and turn judge, place judges, and starters. The host club will provide all officials. At the All-City meet the stroke and turn judges will be equally represented by the North and South Divisions.

G. Preliminaries are to be held for both the Northern and Southern Division Championships on the same day at the same time.

H. Qualifying times for the preliminaries to the Northern and Southern Championships will be furnished to each team. In addition, each team may enter one swimmer in each event and one relay team whose time does not meet the published qualifying times in the 8 and under and 10 and under age groups only. Any swimmer in an event at B-Champs can be entered if he or she meets qualifying times at that meet. (revised 2005)

I. Swim offs will be held at a place to be determined.

J. Ribbons for first through sixth place will be awarded at the Division Championship Meets. Medals for first through sixth will be awarded at the SSSL Championship meet. Team trophies will be awarded for the first through sixth places in the SSSL Championship meet. The SSSL treasurer will see that the ribbons, medals and trophies are ready for presentation at the Championship meets. Team trophies are given to the Northern and Southern Division team champions.

K. An entry card will be supplied to the swimmer who will give it to the clerk of course at the start of the swimmer's event.

L. The use of USS type entry cards in the Preliminaries through the Finals is mandatory.

M. Two clubs can co-operate to host a championship meet. One club can furnish the pool and the other can operate the meet.

N. Electronic timing will be used at the division championship meets, providing both pools can accommodate touch pads, and at the SSSL All City Championship meet.

- O. When electronic timing is in use at championship meets and there is a system failure, hand-held watches will be used following dual meet guidelines. No place judges will be used.
- P. If time is not registered upon touching the end of the pool, go to backup hand-held timers (three per lane). The order of official time determination is as follows: 1. Electronic timing; 2. Backup button for electronic timing; 3. Hand-held stop watches.
- Q. All shallow end starts shall start in the water.

V. Divisional "B" Championship Meets

- A. Anyone who qualifies in an individual event according to the SSSL team standards shall not be eligible to swim in the "B" championships with one exception. If an individual makes a qualifying time in one individual event, he can swim in the "B" championship meet if: He gives up his right to swim in the SSSL preliminaries and he cannot swim that event in the "B" championship meet that he made the qualifying time in.
- B. An individual who swims on a relay that makes a SSSL qualifying time, but does not make one individually, may swim in the "B" championship meet.
- C. There will be no relays in the "B" championship meets.
- D. No score will be kept at the "B" championship meet.
- E. Places in each individual event will be determined by times only.
- F. Ribbons provided by the league will be awarded for heat winners, first through sixth place in each event, and participants.

VI. General Administration

- A. High School rule books will be purchased by the SSSL and supplied to the member clubs at no charge.
- B. It is recommended that each home pool, when running a meet, set up a score board and keep a running score of the meet on this for spectators, coaches and swimmers.
- C. It is recommended that all member clubs endeavor to attend the spring and annual meeting in force; including head coach, team representative, and manager, in order to guarantee proper administration and organization of the SSSL.
- D. The Board of Directors shall present the Operating Plan and present proposals for changes in the plan at the spring meeting. All final changes in the Operating Plan must be made and approved at the last regular SSSL meeting prior to the start of the competitive season.
- E. The coaches meeting prior to championship meets must be adjourned 1/2 hour before the official start of the meet.
- F. At the spring meeting, member clubs will be issued a copy of the proposed Operating Plan for the coming year and a copy of the by-laws

- a. These documents must be approved by the SSSL before the competitive season begins.
 - b. A current directory must be made up at the spring meeting and will be mailed as soon after the meeting as possible.
- G. Two copies of the Operating Plan will be sent to each club prior to the start of the competitive season.
- H. The SSSL president shall appoint a chairman of the Protest Committee. The Protest Committee shall be comprised of three SSSL board members. This committee will make all rulings on all protests. The decision of the Protest Committee will be final. Protests must be filed within 48 hours after the contested meet and at least 48 hours before any competition this protest could affect. All protests will be filed in writing, accompanied by a \$10.00 filing fee. If the protest is upheld, the \$10.00 will be refunded. If the protest is not upheld, the \$10.00 will go into the SSSL treasury.
- I. The All City meet manager will be responsible for sending the meet results to the Seattle Times and P-I.

Small Swim Team Membership Provision

*Appendix A
adopted 3/7/94*

SSSL teams falling below the league established minimum team size may supplement their team membership up to the minimum size from their swim lesson program following the league approved guidelines.

Guidelines:

1. The minimum team size shall be 75% of the median team size of the SSSL. In no case shall the minimum size be established above 100 swimmers. The minimum team size will be established by the SSSL annually at the spring meeting based on the previous years team sizes.
2. Supplemental members must have been enrolled in the individual pools swim lesson program during the season in which they begin team membership or the previous season.
3. Supplemental swimmers may enter their individual teams in only the 8 & under and the 9-10 age groups.
4. Teams supplementing their membership are limited to adding no more than three swimmers per sex per age group per year up to the minimum team size. If there are more swimmers in the lessons program wishing to join the swim season than slots available, the pool will conduct a lottery supervised by a member of the SSSL Board of Directors. Younger siblings of supplemental team members will have first priority for open positions.
5. Teams using supplemental team members must submit a list of supplemental members to the SSSL Board prior to the first dual meet of the season and notify the league president of any additional supplemental members prior to swimming them in an SSSL meet.
6. Supplemental members may swim for their respective clubs until their eligibility expires providing that they swim each year.

Modified 1998

Siblings of existing non-member swimmers may join the team.

Seattle Summer Swim League

Team Code of Conduct

Appendix B

As a member of the Seattle Summer Swim League, we agree to:

- Abide by the SSSL Operating Plan.
- Consistently display respect, honesty and sportsmanship toward coaches, teammates, officials, volunteers, parents and competitors.
- Consistently display a positive and supportive attitude toward all teams, coaches, teammates and competitors.
- Refrain from inappropriate or unacceptable behavior such as:
 - The display or use of aggressive behavior or intentional contact.
 - The use of offensive language, including any derogatory reference to any person's race, sex, ethnicity or other characteristics.
- Any activity which would detract from the positive image of the SSSL.

All infractions that result in meet expulsion must be reported to the SSSL board within three (3) days.

Any infraction of this code may result in, but is not limited to, the following actions by the Seattle Summer Swim League Board:

- Restriction from future competition for a designated period of time.
- Placement on probation for a designated period of time.
- Restriction from participation in championship competition.

Seattle Summer Swim League
Participation Form
Appendix C

This form must be signed and returned to the club's coach before the listed child\children can participate in SSSL swim team activities.

Club: _____

Membership #: _____ Phone: _____

Name: _____

Emergency Phone: _____

Emergency Information and Medical Release

I hereby consent to participation by my child/children listed below on our club team in the Seattle Summer Swim League.

First Name	Last Name	Birthdate

I understand this activity involves an element of risk of bodily injury, including, but not limited to, activities occurring in a pool, on a pool deck, on a starting block, around the facility, and/or while performing a racing start. We will assume all risks associated with and incidental to participating on a swim team.

My child/children have no special medical conditions, except those described below, and is fit to participate on a swim team.

Special medical conditions: _____

In consideration of the right and privilege for my child to participate, we hereby release, waive, and agree to hold harmless the Seattle Summer Swim League, this club, its members, directors, and employees, the club hosting the event, its members, directors, and employees, and coaches, organizers, and parent volunteers for any and all liability, claims, legal actions, and demands of any nature whatsoever which may arise from or in connection with the swim team or related activities.

I understand that events may take place away from our club. I understand that the coaches are not responsible for transportation to swim meets or related swim team activities.

Code of Conduct

As a member of the Seattle Summer Swim League, we agree to:

- Abide by the SSSL Operating Plan.
- Consistently display respect, honesty and sportsmanship toward coaches, teammates, officials, volunteers, parents and competitors.
- Consistently display a positive and supportive attitude toward all teams, coaches, teammates and competitors.
- Refrain from inappropriate or unacceptable behavior such as:
 - The display or use of aggressive behavior or intentional contact.
 - The use of offensive language, including any derogatory reference to any person's race, sex, ethnicity or other characteristics.
 - Any activity which would detract from the positive image of the SSSL.

All infractions that result in meet expulsion must be reported to the SSSL board within three (3) days.

Any infraction of this code may result in, but is not limited to, the following actions by the Seattle Summer Swim League Board:

- Restriction from future competition for a designated period of time.
- Placement on probation for a designated period of time.
- Restriction from participation in championship competition.

Eligibility

The Operating Rules of the Seattle Summer Swim League state:

“Any swimmer is eligible to compete in SSSL competition whose family is a **dues paying member meeting the normal financial responsibility of that swim club** to include **full use of the pool for the entire summer season for the entire family** or is a child of the manager or head coach. For inclusion of any other employees' children the team must petition to the league. This is a one time petition unless the employment situation changes. House guests of club members who want to participate in SSSL competition must stay with that family for a minimum of six (6) weeks during the SSSL season. House guest must begin by June 15th and the coach must notify by writing to the SSSL President by this date. Any club in violation of eligibility rules will forfeit the meet in question. The Board has the authority to request information from the club to determine proof of eligibility of the swimmer(s).”

(The only exception to this rule concerns swimmers who joined under the Small Team provisions adopted in 1994. Only one team has qualified for this exemption. Our family is covered under the Small Team Provision.)

I hereby authorize emergency medical/dental care and treatment for my child as necessary. I have read and agree to the release. Our family has discussed the league's Code of Conduct and understand what is expected of parents and swimmers. We understand the Eligibility rules of the league and certify that our family meets these guidelines of club membership.

Signature

Date

