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To all GASSL Team Reps, Coaches and Parents,

Welcome to the eleventh season of Greenville Area Summer Swim League! We are very excited about the coming summer swim season. Our league has grown over the years and we are pleased to announce the addition of a new team this year, Greenville Aquatics and Fitness Center.

The board of directors has set the schedule for the summer. Our season will begin on Tuesday, June 16 and end with the Championship Meet on Saturday, August 1. Each team will have a bye week. We again will look forward to the Tarboro Swim Club hosting our Championship Meet.

We have invested in a the widely used Hy-Tek Meet Manager software that will eliminate the need for the pink and blue cards. This should allow for easier data entry at each meet and also allow teams to generate heat sheets prior to the meet. This will enable the swimmers to know what events and lanes they will be in prior to reaching the pool. This will prevent the mad rush we normally experience from 5-6pm during warm-ups.

Over the off season, your board of directors met to discuss the issues that affect your teams and swimmers. One major change resulted from these meetings. In accordance with USA Swimming rules that require at least 4 feet of water to dive into, we have new guidelines pertaining to 8 and under relay teams. Events # 1 and #58 will have swimmers in legs 2 and 4 start in the water in ALL pools even if there is 4 feet of water at those ends. This will prevent confusion and allow equal opportunity for league records to be set in all pools. For event #58 (8 and under medley relay) leg 1 – the start leg- will start in the water anyway since it is backstroke. This and all GASSL rules are explained in the Rules & Regulations section of this manual and will be explained to all Stroke & Turn Judges and coaches during their respective training sessions. This season each dual meet will have access to the professional start systems that were used last season. This will aid in communication on the pool deck and eliminate the need for each team to provide its own starting mechanism. The league will again provide ribbons to all of the teams this season. This is just another way the GASSL board is investing in your league.

Finally, I want to reiterate the message from last year and that is GET INVOLVED. There are so many things that we as parents can do to help out. Whether it's timing at a meet, managing a team, or participating on the GASSL board your participation will help you, your swimmer, and your team to enjoy the summer swimming experience. Remember, this is YOUR league. Your involvement will help it to continue to grow and be a meaningful experience for your child and your team.

Sincerely,

GASSL Board Members

**GASSL
Board of Directors 2009**

**President – Dave Eberenz – bigeb4@aol.com
Vice President –Jonathan Coltrane fivecoltranes@hotmail.com
Secretary – Mary Lovenberg –lovenfromtheoven@aol.com
Treasurer -Diane Ipock - diipock@yahoo.com
Championship Meet Director – Mike Stroud –
mstroud1213@suddenlink.net**

**WEBSITE ADDRESS:
www.gogassl.com**

**LEAGUE DUES 2009
\$7.50 per swimmer
Registration DEADLINE 5:00pm June 28, 2009
No Deck registrations will be allowed.
NO EXCEPTIONS**

***Checks payable to: GASSL*
Please send dues check with corresponding registration
*forms for paid swimmers***

**Mail (or deliver) Check and Registration Forms to:
Phyllis Hodges, League Registrar
111 Asbury Rd.
Greenville, NC 27858**

GREENVILLE AREA SUMMER SWIM LEAGUE
MEET SCHEDULE 2009

Meets start at 6pm (warm up at 5pm)

WEEK	DATE				
1	16 JUN	<i>WSC</i> GAFC	<i>CORC</i> WWST	<i>ICC</i> BVCC	<i>GCC</i> TSC
2	23 JUN	<i>GCC</i> GAFC	<i>CORC</i> ICC	<i>BVCC</i> WWST	<i>WSC</i> TSC
3	30 JUN	<i>GAFC</i> WWST	<i>BVCC</i> WSC	<i>TSC</i> CORC	<i>ICC</i> GCC
4	7 JUL	<i>GAFC</i> COFC	<i>GCC</i> BVCC	<i>WWST</i> TSC	<i>ICC</i> WSC
5	14 JUL	<i>TSC</i> GAFC	<i>WWST</i> ICC	<i>BVCC</i> CORC	<i>WSC</i> GCC
6	21 JU	<i>GAFC</i> BVCC	<i>CORC</i> GCC	<i>TSC</i> ICC	<i>WWST</i> WSC
7	28 JUL	<i>ICC</i> GAFC	<i>GCC</i> WWST	<i>TSC</i> BVCC	<i>WSC</i> CORC

1 AUG CHAMPIONSHIP MEET
TARBORO 9:15 AM
WARM UPS 7:30-9:00

HOME TEAM IN BOLD ITALIC

ALL MEETS ON TUESDAYS EXCEPT CHAMPIONSHIP MEET (SAT)

WEEK	DATE	
1	16 Jun	GCC has and keeps ICC has and gives to BVCC CORC has and keeps GAFC has and gives to WSC
2	23 Jun	GCC has and gives to GAFC CORC has and gives to ICC BVCC has and keeps WSC has and gives to TSC
3	30 Jul	GAFC,BVCC,TSC,ICC all have and all keep
4	7 Jul	GAFC has and keeps TSC has and gives to WWST BVCC has and keeps ICC has and gives to WSC
5	14 Jul	GAFC has and keeps WWST has and gives to ICC BVCC has and gives to CORC WSC has and keeps
6	21 Jul	GAFC has and gives to BVCC CORC has and keeps ICC has and keeps WSC has and gives to WWST
7	28 Jul	END OF SEASON
Championship	1 Aug	TBD

GASSL WORKSHOP SCHEDULE

All 2009 Stroke & Turn Judges AND new Stroke & Turn Judges should come to ONE of these three sessions:

TBA

GASSL Information for Coaches

This summary is not to take the place of thorough reading of the GASSL Rules and Regulations, as well as the Strokes and Turns section of the USS handbook. You are responsible for knowing these rules.

- 1) Swimmers will swim in age group as determined by their age on June 1st. Swimmer will remain in the same age group for the entire summer season. There is no “aging up” during the season. DQ rules will apply to the age group, not the age of the swimmer, that the swimmer is swimming in as defined in #8 below.
- 2) Swimmers may swim 3 individual events and one relay in the Dual meets.
- 3) Swimmers may swim 3 individual events and one relay in the Championship meet.
- 4) Each team can enter up to two relay teams in a given event and 6 entries for individual events.
- 5) Coaches can swim up swimmers into older age groups to make a relay team as long as one member of the team is in the correct age group for the race. (For example, you can make an 11-12 relay team with an 8yo,9yo, 10yo, and 12 yo—since the 12 yo is in the correct age group)
- 6) We are using Meet Manager software this year. The visiting team must get their entries to the host team by 8pm Monday. The host team will merge the data and send back to the visiting team the heat sheet as quickly as possible on Monday evening.
- 7) Ribbons and points are awarded 1st through 6th places for individual events and 1st through 4th for relay events.
- 8) In accordance with USA Swimming rules that require at least a 4 foot depth for diving, ALL 2nd and 4th legs of 8 and under relays will start in the water (For medley relay, leg 1 –backstroke – will already be in water) at ALL pools even if there is 4 feet of depth.
- 9) Disqualifications shall be given for all swimmers ages 9 & up in all strokes and 8 & under in all strokes EXCEPT freestyle as stated in Rule 102.10. Coaches will get a copy of the DQ slip. These slips are to provide a reminder for coaches, swimmers and parents about areas of strokes and turns that need to be improved. Please look carefully at the USS rulebook when coaching swimmers on their strokes and turns. Also, carefully place swimmers in events in which they are technically proficient. This will help decrease the number of DQ’s.
- 10) Coaches can do much to help the swimmers and parents understand that DQ’s are a learning experience, not the end of a swimmer’s career.
- 11) Should there be a complaint related to a judges DQ decision or any other IMPORTANT aspect of how the meet is run, there will be a Complaint Form at the Scorer’s Table that can be filled out and given to your Team Rep. The GASSL Board will read and make decisions during the following week.
- 12) NO ONE (Parent, Coach or Swimmer) can argue, distract or harass a Stroke & Turn judge during the meet.
- 13) Places will be determined by time. There will be no place judges.

14) After the first set of Relays, (event #5), there will be a five-minute break for the coaches to approach clerk of course to make any substitutions for a no-show swimmer. Even if the coach has no changes, he/she is expected to approach the clerk of course to say so. After that point, NO substitutions or additions can be made to the meet lineup.

Use the GASSL Manual and the GASSL website www.gogassl.com to stay informed and look at meet results. Using meet results can help you effectively plan your roster for the next meet.

2009 Information for Team Reps

GASSL

- Please make sure that the REVISED versions of handouts are available for your parents and coaches: The REVISED 2-21-07 version of the Rules and Regs; worksheets for Clerk of Course, Scorekeeper, Event Cards, and Media Entry are in the 2009 manual.
- We will really be stressing correct timing technique for all timers since we are relying solely on times for place. Please recruit a strong head timer who can train and supervise timers appropriately.
- Please have a laptop and label printer at every home meet if possible, for data entry and tally of scores. This will make turning in the results a breeze. Meet Manager software will be used this year.
- All ribbons will be supplied by the league. Each team will be given the following number of ribbons multiplied by the total number of meets each team will be hosting.
- League dues are \$7.50 per swimmer. The DEADLINE for registration is **June 28, 2009 at 5:00pm. NO EXCEPTIONS!** The OFFICIAL registration list will be kept by the League Registrar, Phyllis Hodges. All registration forms AND checks should be sent/delivered to: Phyllis Hodges 111 Asbury Rd. Greenville, NC 28758. Please send the white first page of the registration forms with the appropriate check for each batch. All forms and accompanying checks should be to the league registrar by 5:00pm on the Sunday prior to the weekly dual meet.
- **OFFICIAL LEAGUE ROSTER deadline is 5pm Friday evening. A swimmer must be registered by that time to swim in the next meet. This is the deadline for the first 2 meets. If a swimmer has not registered by 5pm June 26 (to be eligible for meet on June 30), they must register by Sunday, June 28 at 5pm in order to swim in any of the remaining meets.**
- **The roster received from the registrar each week using Meet Manager must have entries completed and emailed from visiting team to host team by Monday at 8pm. Host team should as quickly as possible merge the data and return via email to the visiting team.**
- Deck entries will be allowed, but we would like to keep this to a minimum
- It is the responsibility of the host team to mail, email, fax or hand deliver the meet results to TWO places by Thurs. 11 am, after the meet. They should go to the Daily Reflector sports (email TBA) and Holt Humphreys, league record keeper (hhumphreys@greenvillencdentist.com).
- Please email digital photos to webmaster (TBA) for use on the webpage. Make sure to tell her what team you are with. Each team has its own photo spot, so use it!

Teams have until the date of the last dual meet to reschedule an unstarted meet. If either team can offer a pool date, the other team must attend or forfeit. If both teams can offer a pool date, the home team has preference. If neither team can offer a pool date, then both teams must forfeit.

GASSL – Brief History of the League

As the summer of 1999 began, there were a few Greenville area summer pool teams that sporadically held dual meets. The meets were not scheduled in advance, but rather the coaches would call last minute and try to set up mutually acceptable times. This didn't work well. In fact, during the 1999 season, the only three meets were in the span of one week! There also was not a designated order of events, such that at a given meet, the swimmers were expected to swim an event that they had never swum or trained for. Two parents decided to offer their time to organize a schedule prior to the start of the next summer swim season, and suggest a list of events that would be uniformly swum at every meet. They envisioned a league run by parent volunteers since parents always work hardest when their children's athletic endeavors are at stake. Parents did step forward to help and make suggestions and GASSL was born. Tuesday night was selected as "meet night" and each team purchased ribbons to give as awards. The new schedule worked well, and the teams grew. The first season (2000) saw about 60 swimmers and four teams in the league. In 1999 and 2000, the year-round team, GSC, participated in GASSL to boost the numbers and level of ability. Over time, those numbers would grow to 340 distributed among 7 teams during the 2003 & 2004 seasons.

After GASSL's inception, outside teams saw the newspaper coverage and level of meet organization, and opted into the league. Roanoke Rapids sent a team to participate in some meets as a "tri-meet". Tarboro boasted a strong team during the 2000 season. There were no league dues collected during the 2000 season, rather each team was expected to chip in a portion of the overall expenses.

At first, the league participants were non-competitive, not really caring about the overall league outcomes. Team standings were not kept. As teams grew larger however, a friendly, but competitive rivalry developed, and parents and swimmers of all teams began to care about race and meet outcomes. In the summer of 2000, the Championship Meet was instituted to provide a way for teams to compete to see who really was "the best". It became traditional to award medals for first through third places as a special treat for the participating swimmers. The first Championship Meet was hosted by Pulse Athletic Club. The idea of a Team Trophy was not instituted until the following season.

During the summer of 2003, the league had grown to a level which necessitated a Board to run the league and oversee financial issues and important decisions. The GASSL was incorporated in the Fall of 2003, and the five member GASSL Board spent many hours revisiting and revamping the previous rules and regulations to address concerns voiced over the previous summer seasons.

Some of the more common complaints were voiced about swimmers winning races using improper technique, and it was clear that the league had evolved to a new level. The playing field needed to be fair, and strokes and turns needed to be done properly. It was obvious to these swimmers, coaches and parents that rules were needed. It was in response to those complaints that the rules regarding disqualifications were adopted.

With cooperation and equal participation by all member teams, GASSL will continue to change and provide a rich environment for local swimming talent to emerge and for area children to experience good, clean fun and sportsmanship. GASSL has never been run for profit or personal gain by any of its founders. This history serves to record GASSL progress thus far, and help make people aware of the combination of hard work and good luck that has helped it develop into what it is today.

GASSL History

<u>Season</u>	<u>#Teams</u>	<u># Swimmers</u>	<u>Dues</u>
1999	5 (GSC included)	60?	0
First Official Year of GASSL- 2000			
2000	5	?	0
2001	6 (GSC included)	?	2.50
2002	7	?	3.00
2003	7 (added BVCC, CO)	323	3.50
2004	7	338	5.00
2005	8 (added Tarboro)	400+	5.50
2006	8	425+	7.50
2007	7 (Gold's Gym resigned)	375	7.50
2008	7	450+	7.50
2009	8 (added GAFC)	500+	7.50

Heats and Lane Designation Among the Various GASSL Pools

INDIVIDUAL EVENTS

Three different scenarios based on number of lanes in host pool. Twelve swimmers TOTAL in each individual event, six from each team. Lane #1 is closest to starter. Event cards will be filled out with the proper designation for heat and lane, as follows:

SCENARIO #1:

TSC, BVCC, WSC – 8 Lane Pool, only middle six lanes will be used, numbered 1-6

HEAT 1 Home lanes 1,3,5 Visitor lanes 2,4,6

HEAT 2 Home lanes 1,3,5 Visitor lanes 2,4,6

SCENARIO #2:

GAFC, GCC- 6 Lane Pool, all lanes used

HEAT 1 Home lanes 1,3,5 Visitor lanes 2,4,6

HEAT 2 Home lanes 1,3,5 Visitor lanes 2,4,6

SCENARIO #3:

CO, ICC, WWST - 4 or 5 Lane Pool, 4 lanes used, numbered 1-4

HEAT 1 Home lanes 1,3 Visitor lanes 2,4

HEAT 2 Home lanes 1,3 Visitor lanes 2,4

HEAT 3 Home lanes 1,3 Visitor lanes 2,4

RELAYS: There will be four relay teams in each event, two from each team. All will be in one heat.

HEAT 1 Home lanes 1,3 Visitor lanes 2,4

2009- GASSL- Order of Events

- 1 8&Under Combined 100yd Free Relay
- 2 9-10 Combined 200 yd Free Relay
- 3 11-12 Combined 200 yd Free Relay
- 4 13-14 Combined 200 yd Free Relay
- 5 15-18 Combined 200 yd Free Relay

- 6 8&Under Girls 100 yd Individual Medley
- 7 8&Under Boys 100 yd Individual Medley
- 8 9-10 Girls 100 yd Individual Medley
- 9 9-10 Boys 100 yd Individual Medley
- 10 11-12 Girls 100 yd Individual Medley
- 11 11-12 Boys 100 yd Individual Medley
- 12 13-14 Girls 100 yd Individual Medley
- 13 13-14 Boys 100 yd Individual Medley
- 14 15-18 Girls 100 yd Individual Medley
- 15 15-18 Boys 100 yd Individual Medley

- 16 6&Under Girls 25yd Freestyle
- 17 6&Under Boys 25yd Freestyle
- 18 7-8 Girls 25yd Freestyle
- 19 7-8 Boys 25yd Freestyle
- 20 9-10 Girls 50yd Freestyle
- 21 9-10 Boys 50yd Freestyle
- 22 11-12 Girls 50 yd Freestyle
- 23 11-12 Boys 50 yd Freestyle
- 24 13-14 Girls 50 yd Freestyle
- 25 13-14 Boys 50 yd Freestyle
- 26 15-18 Girls 50 yd Freestyle
- 27 15-18 Boys 50 yd Freestyle

- 28 8&Under Girls 25yd Backstroke
- 29 8&Under Boys 25yd Backstroke
- 30 9-10 Girls 50yd Backstroke
- 31 9-10 Boys 50 yd Backstroke
- 32 11-12 Girls 50yd Backstroke
- 33 11-12 Boys 50yd Backstroke
- 34 13-14 Girls 50yd Backstroke
- 35 13-14 Boys 50 yd Backstroke
- 36 15-18 Girls 50 yd Backstroke
- 37 15-18 Boys 50 yd Backstroke

- 38 8&Under Girls 25yd Breaststroke
- 39 8&Under Boys 25 yd Breaststroke
- 40 9-10 Girls 50yd Breaststroke
- 41 9-10 Boys 50yd Breaststroke
- 42 11-12 Girls 50yd Breaststroke
- 43 11-12 Boys 50yd Breaststroke
- 44 13-14 Girls 50yd Breaststroke
- 45 13-14 Boys 50yd Breaststroke
- 46 15-18 Girls 50 yd Breaststroke
- 47 15-18 Boys 50 yd Breaststroke

- 48 8&Under Girls 25yd Butterfly
- 49 8&Under Boys 25yd Butterfly
- 50 9-10 Girls 50yd Butterfly
- 51 9-10 Boys 50yd Butterfly
- 52 11-12 Girls 50yd Butterfly
- 53 11-12 Boys 50yd Butterfly
- 54 13-14 Girls 50yd Butterfly
- 55 13-14 Boys 50yd Butterfly
- 56 15-18 Girls 50yd Butterfly

57	15-18 Boys 50 yd Butterfly
58	8&Under Combined 100yd Medley Relay
59	9-10 Combined 200yd Medley Relay
60	11-12 Combined 200yd Medley Relay
61	13-14 Combined 200yd Medley Relay
62	15-18 Combined 200yd Medley Relay

GASSL RECOMMENDED STROKE BRIEFING-STROKE & TURN JUDGE- 2009

BREASTSTROKE:

- At the start of the race and at each turn swimmer may take one arm pull and one leg kick, in that order, while submerged. During, or at the end of the arm pull-down of the first stroke after the start and after each turn, a single downward butterfly kick is allowed but NOT required, followed by a breaststroke kick. During the pull-down, if a downward butterfly kick is taken, it MUST be followed by a breaststroke kick. The downward butterfly kick is NOT permissible prior to the arm pull-down. The head must break the surface of the water with the second arm pull.
- While swimming, the body must be on the breast, and the arms kept in the same horizontal plane.
- The arms must move together in a horizontal plane with no alternating movement.
- The position of the shoulders is irrelevant.
- During stroke recovery, the hands must be pushed forward from the breast.
- Except for the first stroke after the start or turn, the hands cannot be brought back by the hipline.
- Legs should move simultaneously with the feet pointed outward. No dolphin or flutter kick.
- Feet may break the surface of the water, but no downward motion of the feet may occur.
- Two hand simultaneous touch at the turn and finish, above, at or below the water surface.
- When the swimmer leaves the wall on the turn, shoulders should be at or past the vertical toward the breast.

BUTTERFLY:

- After the start and each turn, the shoulders must be at or past vertical toward the breast.
- The swimmer may take as many underwater dolphin kicks as they want, but the first arm pull must bring them to the top of the water.
- During the swim, the arms must recover simultaneously above the water.
- Kick can be offset, but must move simultaneously. No alternating, scissor kick or breaststroke type kick.
- At turns and finish, must have a two hand simultaneous touch above, at or below water surface.
- Shoulders do not have to be horizontal at turns and finish.

BACKSTROKE:

- The swimmer must be at or past vertical on the back during the swim.
- During the swim and at the finish, some part of swimmer must break the surface.
- At each turn, some part of swimmer must touch the wall.
- On the turn, swimmer may turn over to the breast, take only one single freestyle arm stroke and flip turn.
- When the swimmer leaves the wall after the turn, they must be at or past vertical on the back.
- Swimmer may touch at the finish with any part of their body, but must be at or past vertical on their back.

FREESTYLE:

- Swimmer may choose to swim any stroke they want, but during the swim and after the turn, some part of body must break the surface of the water.
- Some part of the swimmer's body must touch the wall at each turn and at the finish.
- If swimmer does not touch the wall on the turn, he may go back and touch it before he reaches the next wall.
- Swimmer may be vertical in the water.

INDIVIDUAL MEDLEY/ MEDLEY RELAY

- IM is swum in the following order Butterfly, Backstroke, Breaststroke, Freestyle. Freestyle length may be swum in any stroke that is not one of the previous three.
- Medley Relay is swum in following order: Back, Breast, Fly, Free. Free leg of relay may be swum in any stroke not one of the previous three.
- Each leg of the race will be judged according to the rules for that stroke, and the transition between the strokes shall conform to the finish for each stroke.

RELAY TAKE-OFFS:

- Watch the feet of the swimmer on the block. When the feet leave the block, look immediately down and see if the previous swimmer has touched. If so, the exchange is good.

GENERAL:

- Proper judge attire: white shirt, navy shorts with ID tag displayed.
- Judge shall raise one hand when a DQ is recognized (except relays), and fill out DQ slip.
- At no time, may swimmer use lane line to propel himself, or bounce or push off pool bottom.
- Swimmer must finish the race in the lane in which she started, and not interfere with another swimmer.

Swimmers and spectators must not enter the water unless swimming the race.

Inclement Weather Policy

In the event that the weather is threatening on the afternoon of a meet, the hosting team's parent rep and coach have the responsibility of contacting the visiting team parent rep and coach to discuss the weather *in the area where the meet is to be held*. If, at 4 pm on the day of the meet, the weather is severe, with thunder, lightening or very heavy rain, then the meet should be postponed. The meet should be rescheduled for the following evening, same time. The meet should not be cancelled by one individual, but rather by agreement of the coach and rep. The meet should not be cancelled based merely on the *threat* of inclement weather.

If a meet has begun, and lightning, thunder or very heavy rain is experienced, the hosting team should follow the guidelines of their pool policy. Sometimes however, heavy rain will pass quickly, and the meet can resume. GASSL recommends that the host team allow a 20-30 minute delay, with swimmers and parents safely away from the pool area, before the meet is postponed. On the make-up day of the meet, the events should resume where they were stopped and the coach must use the same line-up.

Teams have until the date of the last dual meet to reschedule an unstarted meet. If either team can offer a pool date, the other team must attend or forfeit. If both teams can offer a pool date, the home team has preference. If neither team can offer a pool date, then both teams must forfeit.

Dark Rule

Dual meets will be subject to a 3 hour time limit which begins when the first event is started. After 3 hours, the meet will be called unless both teams agree to continue. Teams will have one week to finish swimming the unfinished events of an incomplete meet. When completing an unfinished meet, coaches must swim the same team roster as was originally submitted for the meet. The event cards filled out by the coach for the initial meet must be used (i.e., new swimmers cannot be added). If the meet is not completed in one week's time, then the meet winner will be determined based on the score at the time the meet was stopped.

Volunteer Positions Needed to Run Dual Meet

Starter/Referee (1)	Will need to be able to keep the meet pace moving; announces the current event; Calls for the upcoming events; Uses a whistle and bullhorn to make sure that the start is heard; Decides and calls false starts.
Head Timer (1)	Gives instructions to the timers; Makes sure that timers are doing their job; Accounts for all timing equipment at the end of the meet; <u>Starts 2 watches on every start</u> and steps in when a timer has missed the start, and needs a time.
Timers (6 to 12)	Need a minimum of 2 per lane; Must know how to accurately start and stop the watch; Check the identity of swimmers behind the blocks and helps them get in their correct lane; Write times neatly and accurately on event card; Timers can often be recruited from spectators before the meet begins BUT should be trained.
Clerk of Course (1)	Receives the completed event cards from the coaches, and checks for accuracy and completeness; Uses the “clerk of course” hand-out to record numbers of swimmers in each event; Assists the coaches to make any necessary substitutions during the 5 minute break after the Freestyle Relays. This job is more extensive for the Championship Meet, where the Clerk of Course actually collates the event cards and puts the swimmers into heats and lanes.
Scorekeeper (2)	Three scorekeepers are needed overall: at least one Scorekeeper is required from the visiting team in dual meets, and two from the home team; One uses the ‘event results sheet’ to collate results from event cards; One from each team uses the completed event results sheet to tally points for each team on the “Scorekeeper” sheet; Announces the score at the end of each group of events during the meet; Verifies the score and signs the scoresheet at the end of the meet.
Awards Writer (2-3)	Oversees the use of the label printer if computer is being used to generate labels; Handwrites the ribbons with complete information if not computerized; Sorts the ribbons by team and gives the completed ribbons to respective coaches at the end of the meet.
Media Data Entry (1)	Uses a laptop with supplied software to enter the results directly at poolside; After the meet, sends a copy via email to league records keeper and the Daily Reflector Sports Dept.
Runner (1 or 2)	Collects time cards and DQ slips after each heat and takes them to the first score-Keeper; May have another runner to collect DQ slips from the Stroke and Turn judges at poolside and distribute to the coaches.
Stoke & Turn Judge (2)	Stands at poolside in predetermined jurisdiction to ensure that Proper strokes and turns are used by swimmers age 11 & up; Must be trained and in uniform with ID badge visible.

Total Volunteers to Run an efficient meet= 18-20

Other Optional Volunteer Positions:

Snack Bar	Teams can generate a lot of income this way.
Bull-Pen Parent	Assists the coaches in making sure that the younger children are where they need to be.
Hospitality	Brings cold water and snacks to the volunteers working the meet.

GASSL Instructions for Timers

(Head Timer should read this information aloud to the volunteer Timers before every meet.)

READ ALOUD:

- 1. The timer's job is extremely important and is the basis for scoring and awards. Therefore, great care should be taken to do the best job possible.**
- 2. As the swimmer in your lane steps up to swim, please check their event card to make sure that they are in the proper heat and lane.**
- 3. Start your watch at the sound of the gun, whistle or other starting device.**
- 4. If you fail to start your watch for whatever reason, you should immediately raise your hand high overhead and the Head timer will come and give his watch to you and take the watch that didn't start.**
- 5. It is very important that theyou don't try to "catch up" and start the watch after the start. This results in faulty times and problems in scoring and awards.**
- 6. When stopping the watch on the finish, please stand directly over the end of the pool, looking down to see the instant that the swimmer's hand touches.**
- 7. The watch should be stopped on the first touch of the swimmer's body. DO NOT wait for a proper touch (i.e., two hand touch) but rather leave judgment on proper touches to the Stroke and Turn Judge.**
- 8. Immediately record the times on the time card in the proper boxes for that date. Please DO NOT circle any of the times.**
- 9. Please use neat handwriting so that the times can be read.**
- 10. The runner will come by each lane to collect the time cards.**

After this briefing, the Head Timer should lead the Timers in several "dry runs" to ensure that every watch works properly.

GASSL Problem Resolution Form-2009

Name: _____ -

Swim Team: _____

Contact numbers: _____

Contact Email: _____

Meet Location and Date: _____

Please describe the issue that you would like to make the board aware of and we will make every effort to reach a resolution.

Thank you for communicating your concern with GASSL

GASSL
Rules and Regulations
Revised 7-26-07

PART ONE – TECHNICAL RULES

- Numbering system for these rules and regulations follow USA Swimming handbook

Article 101 – Individual Strokes

- Swimmers shall start, swim and finish in the lane they were assigned.
- Swimmers should be able to swim an event without anyone in the water to help them.
- Swimmers shall receive no outside assistance

101.1 Breaststroke – per GASSL Stroke Briefing Handout (2007)

Start – the forward start shall be used from the pool deck or in the water

Stroke – breaststroke arm stroke must be used.

Kick – breaststroke kick must be used with the following exception. During, or at the end of the arm pull-down of the first stroke after the start and after each turn, a single downward butterfly kick is allowed but NOT required, followed by a breaststroke kick. During the pull-down, if a downward butterfly kick is taken, it MUST be followed by a breaststroke kick. The downward butterfly kick is NOT permissible prior to the arm pull-down.

Turns – shall be made with both hands simultaneously at, above or below the water surface.

Finish – shall be made with both hands simultaneously at, above or below the water surface.

101.2 Butterfly – per GASSL Stroke Briefing Handout (2007)

Start – the forward start shall be used from the pool deck or in the water

Stroke – butterfly arm stroke must be used.

Kick – butterfly kick must be used.

Turns – shall be made with both hand simultaneously at, above or below the water surface.

Finish - – shall be made with both hand simultaneously at, above or below the water surface.

101.3 Backstroke – per GASSL Stroke Briefing Handout (2007)

Start – swimmer should start in the water without assistance

Stroke – swimmer shall push off on his back and continue swimming on the back throughout the race.

Turns – must touch the wall and return to a position on the back upon leaving the wall.

101.4 Freestyle – per GASSL Stroke Briefing Handout (2007)

Start – the forward start shall be used from the pool deck or in the water

Turns – must touch the wall

101.5 Individual Medley – per GASSL Stroke Briefing Handout (2007)

Order – butterfly, backstroke, breaststroke, freestyle

Start – the forward start shall be used from the pool deck or in the water

101.6 Relays – per GASSL Stroke Briefing Handout (2009)

For 8 and under relays, legs 2 and 4 must start in the water at ALL pools. (USA swimming requires at least 4 feet of water in order to dive and not all pools have 4 feet at the turn end.) There will be a new category for league records for events #1 and #58. The old records will remain and will be termed “dive” and the new category will be termed “no dive”.

Freestyle relay – the forward start shall be used from the pool deck or in the water

Medley relay – **Order – backstroke, breaststroke, butterfly, freestyle**

First swimmer, backstroke, will start in the water.

Article 102 – Conduct and Officiating of all Swimming Competition

102.1 Events

- See attached list

102.2 Entries – General Rules

- **Coaches can make relays from age combinations, which will compete in the age group of the oldest swimmer. At least one swimmer must be of the correct age.**
- Girls and boys compete separately, except in relays where the sexes **MAY** be combined in any combination.

DUAL MEETS

- Swimmers may swim in 3 individual events and 1 relay
- Each team will be allowed to enter 2 relay teams per event.

CHAMPIONSHIP MEET

- Swimmers may swim in 3 individual events and 1 relay.
- Each team will be allowed to enter 2 relay teams per event.

102.5 Lane assignments – Seeding – Order of Events

DUAL MEETS

- There will be 6 swimmers from each team per individual event (12 swimmers total in each event).
- There will be two heats run per event in the 6-8 lane pools, and three heats run per event in the 4-5 lane pools to accommodate 12 swimmers in the event.
- **Away team** will always swim in **lanes 2, 4 and 6**
- **Home team** will always swim in **lanes 1, 3 and 5**
- All heats will be subject to awards, scoring, and disqualification.
- Each team may enter two relay teams in each relay event. There will be one heat of relays per event. Away team in lanes 2 and 4; Home team in lanes 1 and 3.

CHAMPIONSHIP MEET

- There will be no limitations on the number of swimmers a team can enter in any given event.
- Lane and heat assignments will be made by the Clerk of Course prior to the championship meet.
- Every effort will be made to seed the fastest swimmers in the last heat.

102.6 Awards

DUAL MEETS

- GASSL will provide ribbons for all teams
- The Home team will award place ribbons for 1st-6th places in each individual event and 1st–4th places in a relay event.
- In event of a tie, both swimmers receive the appropriate ribbon and the same score is awarded to both teams. Example: if 1st place is a tie, 1st place points of 7 and 2nd place points of 5 are added together, 12 points. This is divided by 2 and each swimmer is awarded 6 points.
- Labels should be printed or hand written and attached to ribbons
- Ribbons are to be sorted by teams and given to coaches at the end of the meet to be distributed at another time.

CHAMPIONSHIP MEET

- GASSL will provide labels and ribbons and will be sorted by teams and given to coaches at the end of the meet.
- **The top 8 swimmers for each event will receive place ribbons and/or medals. The top 4 relay teams in each event will receive place ribbons and/or medals. There will only be points awarded for the top six places.**
- In the event of a tie, both swimmers receive the appropriate ribbon and the same score is awarded both teams. (See 102.6 Dual Meets)

102.7 Scoring (Dual meets)

- | | |
|---|---|
| <ul style="list-style-type: none"> ▪ Individual Events 1st place – 7 points 2nd place – 5 points 3rd place – 4 points 4th place – 3 points 5th place – 2 points 6th place – 1 point | <ul style="list-style-type: none"> ▪ Relay Events 1st place – 14 points 2nd place – 10 points 3rd place – 8 points 4th place – 6 points |
|---|---|
- Place is determined by time. There will be no place judge since all heats have equal scoring opportunity.
 - When 3 times are recorded for each lane the middle time will be accepted for scoring.
 - When 2 times are recorded for each lane, and there is a discrepancy of greater than 0.50 second, the slower time will be accepted. If the discrepancy is less than or equal to 0.50 second, the faster time will be accepted.
 - Points from each dual meet will be tallied and the team with the most points will be the **meet winner**.

Scoring Championship/League

- | | |
|---|---|
| <ul style="list-style-type: none"> ▪ Individual Events 1st place – 7 points 2nd place – 5 points 3rd place – 4 points 4th place – 3 points 5th place – 2 points 6th place – 1 point | <ul style="list-style-type: none"> ▪ Relay Events 1st place – 14 points 2nd place – 10 points 3rd place – 8 points 4th place – 6 points |
|---|---|

- Points from the championship meet will be tallied and the team with the most points will be the Championship Meet Winner
- Determining League Champion will be based on the teams' records of wins and losses, although the meet points will be kept in case of a three way tie. Points will be awarded as follows for wins, losses, and ties: 5-win, 4- tie (each team), and 3-loss.
- In the event of a two-way tie for League Champion, the results of the dual meet in which the two teams competed with each other, will be used to break the tie.
- In the event of a three-way tie for League Champion, the point totals of the three teams for the season will be used to break the tie.

102.10 Disqualifications

There will be disqualifications for strokes and turns for ages 9 & up. In events for 8 & under a swimmer will be subjected to disqualification in any event other than Freestyle if over ½ of the event is swum with the incorrect stroke (arms AND legs).

Runners will collect Disqualification slips from officials as they collect the time cards so that the cards are presented to the scorekeepers at the same time. Only official Disqualification Slips will be accepted. Disqualified swimmers will not receive points, awards, or a time for their event.

102.12 Officials – stroke and turn

- Each team shall provide two Stroke & Turn officials for each dual meet.
- The role of the Stroke and Turn Judge is to disqualify swimmers for improper strokes, turns, and touches that are clearly observed based on the 2007 GASSL Stroke Briefing Handout. There must be a space for the judge to stand unimpeded. Judges should not engage in conversation with spectators while on duty. Judges should not be questioned during the meet about any call. Questioning of a call after the meet should be strongly discouraged as well.
- Recommendations will be taken from team representatives for penalties to be assessed against parents who impede, harass, or argue with judges, should such behavior become a problem.
- One false start allowed per swimmer per race. On the 2nd false start, the swimmer is disqualified. The starter determines false starts.
- Disqualification standards for the Championship Meet will be consistent with dual meet guidelines.

102.14 Starter

- The host team will provide a starter, a starting device (buzzer, cap gun, loud whistle) and a megaphone or PA system for announcing the events.

102.16 Timing

Timing Systems

DUAL MEETS

- Home team shall provide 2 or 3 digital starting watches per lane.

-Head Timer

- Starts a watch(es) on every race. Head Timer will be prepared to give this watch(es) to a Lane Timer should their watch fail to start.

-Lane Timers

- Two or three timers per lane.
- Timers start their watches by sound of starting whistle or bullhorn, and stop by visualizing the actual finish.
- All timers must be directly over the finish to accurately stop their watches.
- Timers should stop their watches when any part of the swimmer's body touches the wall. They should **not wait** for a two-hand touch on Butterfly or Breaststroke.
- A lane timer who missed the start or whose watch does not start shall raise their hand to signal the Chief Timer to come to their lane with his watch
- The Head Timer should make a serious effort prior to the meet to properly train timers, and to encourage them to utilize the head timer's watch when the start of an event is missed.

CHAMPIONSHIP MEET

- The host team shall provide 3 watches per lane.
- All other rules for dual meets shall apply.

102.17 Clerk of Course

- Host team will provide a laptop with correct GASSL software and printer (optional) to enter swimmers, post results and print labels for ribbons.
- Clerk of Course and an assistant will organize the swimmers and check their lane assignments prior to the meet, and pass event cards back out to coaches.
- There should be a waiting area organized behind the starting area for swimmers in upcoming heats. There should be a person supervising swimmers waiting to ensure that they are behind the correct lanes. This should be a "swimmer-only" and "timer-only" area.
- Runners collect the time cards and DQ slips from each heat and take them to the scorer's table for times to be entered into the computer and scored.

DUAL MEET

- Coaches should come to meets with completed entry cards; according to the standard list of events. Coaches should clearly write swimmers FULL name, event number, event name, heat and lane assignment on cards.
- In a four- lane pool, coaches would designate Heat 1, 2, or 3 with fastest swimmers assigned to the last heat. In a six -lane pool, coaches will designate Heat 1 or 2 with fastest swimmers in the last heat. In both cases, standard lane numbers will be used for Home or Away (section 102.5)
- Following the relays (after Event #5) there will be a 5-minute break during which coaches can make changes to entries before the individual events begin. At this time, coaches will be asked by the Clerk of Course if they have any changes to make. If coaches indicate there are no changes, all entries are then finalized and no substitutions can be made later.

CHAMPIONSHIP MEET

- Coaches should bring entry cards filled out with FULL names and events at the place and time designated by the Championship Clerk of Course. Coaches should not select heat and lane. Clerk of Course will be responsible for heat and lane assignments.

102.19 Scorers

DUAL MEET

- There should be at least one scorer from each participating team to help enter results into the computer. Score sheets should be signed by all scorers and dated, at the end of the meet.
- Scoring should be conducted as detailed in Section 102.7

CHAMPIONSHIP MEET

- There should be as many scorers as needed to facilitate the workload.
- Scoring should be conducted as detailed in Section 102.7

102.21 Recorder of Records

- GASSL will have one person to collect meet results from each team and keep accurate league records.

102.22 Press Steward

- The Home team shall be responsible for sending meet results to the newspaper within 36 hours after the meet.

Article 103 – Facilities Standards

103.14 Backstroke Flags and Lines

- Each home team will provide backstroke flags. They will be set up 15 feet from the end of the pool at both ends of the pool.
- Each home team will provide lane lines.

Part Two – Administrative Regulations of Competition

205.2 Eligibility – per USA Swimming Rule Book

Swimmers must compete in individual events according to their age as of June 1st. A swimmer will swim in the same age category the entire summer. There is no “age up” rule. A swimmer may not “swim up” in an individual event into any age category for the race to be official. A swimmer may enter a race of an older age category, but the race will be considered an “exhibition.” The result will not count towards individual awards, team points, nor count toward any league records.

Part Three- Additional Rules and Guidelines

- Dual meets will be subject to a 3 hour time limit which begins when the first event is started. After 3 hours, the meet will be called unless both teams agree to continue. Teams will have one week to finish swimming the unfinished events of

- an incomplete meet. When completing an unfinished meet, coaches must swim the same team roster as was originally submitted for the meet. The event cards filled out by the coach for the initial meet must be used (i.e., new swimmers cannot be added). If the meet is not completed in one week's time, then the meet winner will be determined based on the score at the time the meet was stopped.
- Teams have until the date of the last dual meet to reschedule an unstarted meet. If either team can offer a pool date, the other team must attend or forfeit. If both teams can offer a pool date, the home team has preference. If neither team can offer a pool date, then both teams must forfeit.
 - Event rosters are not considered official until the completion of the Free Relay events (Event 5). After which time no changes can be made to a roster.
 - In the event the final dual meet of the season is cancelled or halted due to weather the teams will have until the Wednesday of that week to start and/or complete the meet. If the teams are unsuccessful at completing the meet by that day then the following rules will apply for the purpose of determining the win/loss/tie points: If the meet is unable to begin then the meet will be considered a tie and both teams will receive 4 tie points and a score of ZERO (0). If the meet was in progress but not completed then the team with the most points at the time of the final completed event will be deemed the winner of that meet. Each team will receive their score as of the final completed event.

HOST TEAM RESPONSIBILITIES

- Each club participating in the meet should share the responsibility of providing workers to run the meet, but the host team should be prepared to fill key volunteer positions.
- Host team will provide laptop, label printer, watches, starting device, pencils, clipboards, 2 containers for ribbons, etc.

Part Four- Team Representation on GASSL

- GASSL Annual Meeting will be in October of each year. Reps are asked to serve on GASSL Board for at least one year, with that year starting in October.
- Each team will have one volunteer parent to coordinate their team's volunteers and activities who will be the 'Team Manager'. (This person has been referred to as Team Rep in the past).
- Each team will have one Team Representative (does not have to be the same person who is designated 'Team Manager') who sits on the GASSL Board and receives one vote on all issues discussed and voted upon.
- GASSL will have the following officers: President, Vice-President, Secretary, and Treasurer. Each officer, except Secretary, shall serve one year and the office will be filled by a rotating schedule as outlined below. The office of Secretary, in order to maintain continuity of the financial information, will be rotated on a less frequent schedule as determined by the GASSL board.
- GASSL will have its championship meet directed by a member team that rotates on an annual basis as defined below.

Year	Pres	VP	Sec	Championship Meet	Registrar (added 2009)
1 (2008)	GCC	ICC	TSC	WSC	---
2	ICC	TSC	WSC	WWST	---
3	TSC	WSC	WWST	BVCC	CO
4	WSC	WWST	BVCC	CO	GAFC
5	WWST	BVCC	CO	GAFC	GCC
6	BVCC	CO	GAFC	GCC	ICC
7	CO	GAFC	GCC	ICC	TSC

Rotation system starts over after year 7