

SANTA CLARITA SWIM LEAGUE

RULES & REGULATIONS

(Revised 6/18/2025)

1. Official team practice can begin three (3) weeks prior to the League Opening date.
2. All swimmers are limited to two (2) individual events in dual, intra-squad and championship meets. In addition to these (2) individual events swimmers may swim in (2) additional relay* events:
 - One (1) medley relay
 - One (1) freestyle relay

*Putting swimmers into relays is at the discretion of coaches
3. Each club may enter as many swimmers as desired in dual, intra-squad, and championship meets.
 - A. To qualify for an individual event for the Championship meet:
 1. The swimmer MUST have participated AND have a QUALIFYING time for the corresponding event at a dual or intra-squad meet during that season. The swimmer MUST have participated in a dual or intra-squad meet during the current season AND have a RECORDED time for the corresponding event. (Added 3/2024)
 2. NOTE: Disqualification in an event does not count as a qualifying time
4. Meet events*:
 - A. Freestyle
 - B. Backstroke
 - C. Breaststroke
 - D. Butterfly
 - E. Individual Medley (Stroke order: Butterfly, Backstroke, Breaststroke, Freestyle)
 - F. Freestyle Relay
 - G. Medley Relay (Stroke order: Backstroke, Breaststroke, Butterfly, Freestyle)

*Current USA Swimming Rules apply to stroke definition
5. Swimmer's age as of June 1st determines age group participation. All swimmers must compete in their own age group in Individual events. All swimmers MUST have times listed for all events within their age group. NT (no time) entries are NOT to be submitted. If the coach(es) enters NT for a swimmer, that swimmer will be dropped from meet entry by the programmers and not allowed to swim. (3/2/10)
NOTE: For relays, swimmers may move up ONE age group only

6. Distance for meets by age group

Age Group	Individual Events	Relay – Freestyle	Relay Medley
6 & under	25 yards*	100 yards	n/a
7-8 yrs	25 yards	100 yards	100 yards
9-10 yrs	50 yards**	200 yards	100 yards
11-12/13-14/15-16 yrs	50 yards***	200 yards	200 yards
* 6 & under swim freestyle and backstroke ONLY ** Butterfly – 25 yards *** IM – 100 yards			

7. Mandatory Pre-Season Meeting

- A. Scheduled to meet the Wednesday before the first dual or intra-squad meet. Coaches, Team Managers, League Representatives, Stroke and Turn Judges, Starters and Program Managers from each team are requested to attend.
- B. Warm-ups for Championships will be announced according to rotation and volunteer assignments will be distributed.
- C. Review stroke and turn guidelines, bylaws, and League rules and regulations will be discussed.

8. Officiating: Each team for dual or intra-squad meets will furnish the following adult* volunteers and supplies:

***NOTE:** An adult volunteer, per the League, is considered 16 years of age and above. If someone who is younger than 16 years of age wants to volunteer, determination of letting said person volunteer is at the discretion of the League. This type of special circumstance must be approved by the League Reps unanimously prior to the Mandatory Pre-Season Meeting. (This rule is not applicable to Jr. Coaches. See individual team by-laws for minimum age for Jr. Coaches) (Added 6/12/2024)

(Re-ordered and table added 5/22/2023/Table updated 2/2/2024)

Position	Host Team	Visiting Team
Meet Director	1	N/A
Program Manager	1	1
Announcer	1	N/A

Head Timer	1	N/A
Stroke & Turn Judges	1 for individual events, 2 for relays	1 for individual events, 2 for relays
Starter	1	N/A
Place Judges	2	1
Seaters	Number of seaters is at the discretion of the host team	N/A
Seating Shepherds	N/A	Number of seating shepherds is at the discretion of the visiting team
Runner	1	N/A
Scorer	1	N/A
Ribbon Preparer	1	1
Supplies	Host Team	Visiting Team
Starting Equipment (whistle in the event starting equipment failure)	1	N/A
Headsets	4 <u>working</u> headsets for Stroke & Turn judges	N/A

Note:

- Dual Meets MUST include a minimum of
 - 2 timers per lane – throughout the duration of the meet
 - 2 Stroke & Turn judges – throughout the duration of the meet
 - Place judges are optional
 - All other necessary positions to run an efficient dual or intra-squad meet

9. League Fees

- A. League fees shall be paid by each team
- B. Outstanding balances are due to the League Treasurer by 9 p.m. on the Thursday prior to the first meet.
email: santaclaritaswimleague@gmail.com

10. Team Rosters

- A. Final Team rosters are due to the League email box (added 4/2024) by 9 p.m. on the Thursday prior to the first meet
- B. Final Team roster should be sorted by the following:
 1. Sex
 2. Age group
- C. The following information MUST be entered into the Final Team roster prior to submission to the League email box (added 4/2024):
 1. Swimmer number
 2. Swimmer Name – first and last
 3. Swimmer Address
 4. Swimmer Birth date
 5. Swimmer Age
 6. Coaches Name – first and last
 7. Coaches Contact Information – cell and email (added 3/2024)

11. Score sheets – shall be kept by each swim team. One copy will be retained by the Host team and one by the Visiting team. For all dual and intra-squad meets, except the last meet before the championship meet, the Host team will deliver one (1) additional copy to each coach by NOON the following Monday, For the final dual or intra-squad meet the Host team will deliver one (1) copy to each coach by the end of the Saturday of the final dual/intra-squad meet.

12. Meet Rules

- A. The meet Director will be responsible for:
 - Assuring that all league rules are followed
 - All disputes will be decided between the Meet Director and each team's League Representative or his/her alternate
 - The Meet Director is responsible for handling any swim meet violations
 - NOTE: Meet Director duties can be shared between League Rep and 1 Team Manager (added 3/2024)
- B. The Program Manager will:
 - Manage entry changes before the meet and oversee computer operations throughout the meet
 - No additions or changes will be accepted by the Program Manager after 8 a.m. (except relay changes).
 - Medley and Freestyle relays can be changed up to the time the relay is put into the seating area
 - Any swimmers entered into incorrect events or left off the meet entries by accident will be allowed to swim but cannot earn points or receive ribbons for the event in question
 - Corrected or late entries will swim in the slowest heat.

- Each meet will be set up in the computer as a “dual meet”.
- C. Dual meets and intra-squad meets will start at 8:30 a.m.
IMPORTANT: It is **recommended** that events 1-12 begin gathering in the seating area immediately after warm-up. Events 1-3 should be seated and ready to head to the blocks at the conclusion of the National Anthem to start the meet on time at 8:30 a.m. Similar recommendation applies to Champs as well. (Added 3/2024)
- D. Heats are organized slowest to fastest. The slowest is Heat #1. Combining of events will be allowed only upon agreement between competing teams Program Managers and when possible (not mandatory) inform League Reps.
- E. Stroke & Turn judges will have knowledge of:
1. Correct stroke
 2. Kick and turn criteria
 3. Stroke & Turn judges are the **only** individuals who may disqualify a swimmer and will notify timers (mandatory) and coaches (when possible) of any disqualification
 NOTE: In most cases the Stroke & Turn judge will either make the note themselves, in rare cases the Stroke & Turn judge will ask the timer to note on the lane or relay entry sheet the reason for the disqualification
 4. During individual events one (1) Stroke & Turn judge from each team will be allowed on deck for judging
 5. During relays two (2) Stroke & Turn judges will be allowed on deck for judging.
 6. Any disqualification **MUST** be agreed upon by both judges except for two hand touches on the finish.
- F. Timers
1. Timers will be provided instructions at dual meet pre-meeting that takes place in the clubhouse at 8 a.m.
 - i. Instructions include how to:
 1. Use the stopwatch: Start, stop and reset
 2. Swap a watch with the Head Timer if watch is not started correctly
 3. Recording times
 4. Handle stroke and turn judge writing DQ's on race slip
 5. Protect the 6 & unders and 7–8-year-olds heads from hitting the side of the pool when backstroking
 2. 2 Timers from each team will be present in each lane with swimmers in it throughout the meet
 3. Timers will be provided:
 - i. 2 watches
 - ii. 2 pens/pencils
 - iii. Clipboard and lane sheets for individual events
 NOTE: Entry cards for relays will be handed to the timers via the first swimmer or coach on the relay
 4. Timers will record both watch times on the lane sheets and relay entry sheets

5. Timers are to stop the watches when any part of the swimmer's body touches the wall (applies to all strokes)
6. All times to be recorded to the second decimal point when possible (i.e. shorter events: 00:29:14, longer events: 01:30:22)
7. **DISQUALIFICATION TIMES MUST BE RECORDED AND SHOULD LIST THE REASON FOR THE DISQUALIFICATION BY STROKE & TURN JUDGE**
NOTE: See Meet rule 12.E.3 and the partnership between Timers and Stroke&Turn judges

G. Scoring

Event type	Place	Points
Individual Events	1 st place	6 points
	2 nd place	4 points
	3 rd place	3 points
Relay Events	1 st place	6 points (no other places score points)

H. Starters

1. Will commence all races in a timely manner
2. Disqualify late arrivals for events
3. The Starter is the only individual who can call a "false start"
4. Starters will disqualify a swimmer for two (2) false starts
5. Head Timer will act as a Place Judge on tight race finishes
6. League Reps will act as Place Judge on tight race finishes and/or discrepancies with place judges by checking the watches. (last sentence added 5/11/2023)

I. Program Manager Area –

1. Only Program Managers, Meet Director, Runners, Champs Official or League Reps are permitted into the Program Manager area.
2. All other meet attendees must see the Meet Director or League Rep for any Program Management information. (5/11/2023)

J. Seating

Host Team:

Seating will be managed by the Host team.

- It is the Host team's responsibility to seat the meet.
- The way in which a host team's seating process is set up is at the discretion of the host team.

Visiting Team:

- Expectations for the visiting club is to shepherd their swimmers and bring them to the seating area.

(5/11/2023)

K. Awards

Individual Events

Heat Ribbons will be awarded for:

- First three (3) places of each heat
- The top four (4) EVENT placers will be awarded bigger event ribbons in lieu of heat placement ribbons.

Relay Events

- Only first place point ribbons will be awarded. Awards will be based on the average times of the watches unless over-ruled by the place judges, Head Timer, or League Rep.

L. Relays

Relay Guidelines in preferred order:

1. 4 same sex/age specific swimmers
2. Age-up same sex (Note: age-up same sex will not be allowed for “A” relay spots unless the official league-submitted roster indicates 4 or less of those sex-specific swimmers are on the team (4/15/2015))
3. Double leg allowed (on exhibition relays) Note: “A” relays are allowed to swim double leg ONLY if the official league submitted roster shows 4 or less sex/age specific swimmers on the team. (4/15/2015)
4. Mixed relays. Allowing mixed relays is at the sole discretion of League Representatives or their assigned representatives (if LR is not present at the meet). Mixed relays if allowed, will be exhibition only, non-scoring, and non-awarded
5. Only same sex can be aged up. Majority determines sex-even teams race with boys. Two (2) of the same age group AND same sex ARE NECESSARY to form a relay team. Example: 2 boys and 2 girls constitute a boy’s relay. 3 boys and 1 girl constitute a boy’s relay. 3 girls and 1 boy constitute a girl’s relay.

If and only if a team cannot field one (1) sex/age specific relay consisting of 4 swimmers, go to step 2 then 3. 4 is the last resort and must be approved by the LR’s.

All subsequent relays (B<C<D-etc) within an age group that cannot meet requirement #1 are exhibition only and non-scoring. (This intent is to give each team at least one (1) age group relay which is the fairest way to avoid manipulation for point advantage.)

Exhibition relays will be allowed to participate in the Championship Meet provided they have a qualified time from a previous dual meet. They will be non-scoring.

Special relay circumstances may arise at or during a meet that may not be clearly called out in the league rules. Decisions regarding these types of circumstances will be the sole responsibility of the League Representatives.

A swimmer may only swim on one (1) relay team per event. (3/12/10) Every effort MUST be made to qualify a relay in each age group prior to the Championship Meet. Any infraction of the above rules will result in disqualification for that relay.

M. Warm-ups

- The home team will warm-up first.
- Each team must be assured 20 minutes of warm-up per meet

Home Team warm-up time

7:30-7:50 a.m.

Visiting Team warm-up time

7:50-8:10 a.m.

13. Stroke and Turn – Information and Disqualifications

- A. Disqualifications (DQ) will be made only by Stroke and Turn (S&T) Judges or hired official.
- B. The S&T or hired official will notify lane timers of the DQ.
- C. The lane timer, S&T or hired official will indicate DQ on the entry slip on the place line. A brief notation of the infraction is mandatory.
- D. Times will be noted on either the lane or relay entry sheet even though the swimmer was DQ'd.
- E. Disqualifications will be made for the following infractions:
 - Walking on the bottom of the pool
 - Using the side of the pool or lane line to assist (pulling) while swimming
 - Second false start (determined by Starter)
 - Lane changes that cause interference to other swimmers
 - Pushing or otherwise physically assisting the start of a swimmer
 - Exiting the pool anywhere but the end of the pool (*Note: With prior approval from League Reps and/or hired official before the meet starts, some swimmers may exit via the steps or ladder*)

NOTE: 6 and under DQ's are discouraged except for walking on the bottom of the pool, using the side of the pool or lane line to assist (pulling) in swimming, pushing or otherwise physically assisting the start of a swimmer and any swimmer who swims with a coach in the water. If a coach gets in the water to assist the swimmer who has completed his/her leg do not DQ, okay to help swimmer out of the pool if it is not the swimmer currently being timed and does not impede or benefit the current timed swimmer. (5/11/2023)

Freestyle – not touching the side with at least one hand or foot on the turn.

Backstroke – turning over onto the stomach at any time during the stroke or turn (except at intermediate turns, as permitted by current high school rules...high school rules allow gliding on the breast inside of the flags prior to taking a single pull that initiates the turn). Not touching the side with at least one hand or foot on intermediate turns or any part of the body to finish.

Breaststroke – performing one or more complete stroke other than Breaststroke. Using a kick other than frog or whip kick (except single butterfly kick is allowed prior to first breaststroke kick at the start and after an intermediate turn). Not using both hands simultaneously in the turn and finish.

Butterfly – performing one or more complete stroke other than the butterfly. Using a kick other than a dolphin kick with the feet maintained in the same place. Not touching both hands on the wall simultaneously in the turn and finish.

Relays – swimmer leaving the wall before the wall is touched by the previous swimmer. Not touching the side with at least one hand or foot on the turn. The incoming swimmer must touch the wall, and the next swimmer can leave the diving surface as soon as the incoming swimmer's hand touches the wall, ensuring they don't leave too early. The outgoing swimmer must not leave the diving surface before the incoming swimmer touches the wall. This is cause for disqualification. The outgoing swimmer can have their body extended over the water, but they must maintain some contact with the diving surface until the incoming swimmer touches the wall. (updated 6/25/25)

Swimmer not exiting the pool before the next swimmer completes 25 yards. Pushing or otherwise physically assisting the start of a swimmer. Medley relay: Must swim all 4 strokes, freestyle swimmer must swim a unique stroke different from the butterfly, breaststroke or backstroke. (updated 6/25/25)

Individual Medley – Within each one of those portions of the race the swimmer must follow the rules for that stroke. NOTE: before switching from one stroke to another, the swimmer must touch the wall in the same way they would as if it was the end of the race for that stroke they are using as they approach the wall. IM races often feature lead changes as different swimmers are better at one style than others and they might fall behind or move ahead depending upon what stroke they are swimming. Must swim all 4 strokes, freestyle must be a unique stroke different from the butterfly, breaststroke or backstroke. (updated 6/25/25)

THE ABOVE DQ CRITERIA WILL APPLY AT ALL MEETS AND WILL BE REVIEWED IN A MEETING BETWEEN COACHES AND S&T JUDGES PRIOR TO EACH SEASON (#7) AND PRIOR TO EACH DUAL, INTRA-SQUAD OR CHAMPIONSHIP MEET.

14. Championship Meet

- A. Swimmers must compete in at least (1) league dual or intra-squad meet this season to be eligible for the Championship Meet. To qualify for an individual event the swimmer must have participated and have a qualifying time for the corresponding event for that season. DQ's do not count as a qualifying time. Seeding times or the meet must be from the current SANTA CLARITA SWIM LEAGUE season. A swimmer who competes in at least one dual or intra-squad meet but does not have a qualifying time may participate in a relay provided the relay has a qualifying time. All relays entered for championships must have qualifying times (Ex. A team may not have a "C" relay if no "C" relay had been entered during the current season).
- B. The meet will begin at 8 a.m. Warm-ups will allow for the Host Team at the Host pool.

- C. Dual meet rules apply to the Championship Meet except for the following revisions. The Program Manager will hold two (2) meetings the week of the meet on consecutive nights. The first night entries will be submitted, and programs will be printed for review. The first meeting will be considered the deadline for entries. The second meeting will be for correcting heats and times for possible scratches. Medley and Freestyle relays can be changed up to the time the relay event is put into the seating area. Any swimmer entered into incorrect events or left off of the meet entry by accident will be allowed to swim but cannot earn points or receive ribbons or trophies for the event in question. Corrected and late entries will swim in the slowest heat. Stroke and Turn (if no USS official is hired) judges must have officiated at one or more dual or intra-squad meets during the current season. Only one judge from each team will be allowed on the deck for the purpose of judging, except during Medley and Freestyle Relays when more judges will be allowed. Timers – There will be (3) timers per lane, three times will be written on each entry slip, the middle time will be used. Scorer – each team will provide (1) scorer.

D. Scoring

Type of Event	Scoring	Points
Individual Events	1 st place	6 points
	2 nd place	4 points
	3 rd place	3 points
	4 th place	2 points
	5 th place	1 point
Relays	1 st place	6 points
	2 nd place	4 points
	3 rd place	3 points

- E. Awards- medals will be awarded for the first five (5) places for individual events and the first three (3) places for relay events. High Point Individual trophies will be awarded to the high Point Scorer in each boy and girl age group at the Championship Meet. The Championship Award (Perpetual Trophy) will be awarded to the team with the highest point total. (changed 6/25/25)
- F. All disputes are to be handled by League Representatives in addition to their Program Managers verifying the final score.
- G. The Coaches relay will be comprised of coaches listed on the roster submitted to the League email box. (added 4/2024)
- H. The Parents' relay will be comprised of parents of swimmers. Each team may only enter one relay team per sex (1 each male and female relay teams)

- I. There will be a total of three (3) 5-minute breaks for the official (1/20/11)
- J. The head timer (after the race has begun) will position his/herself at lane three until the race has ended to assist the calling of close races. Note: The head timer will only make the call if directed by the hired official. (1/20/11)
- K. Only event participating swimmer, timers, heat-seating personnel, League Reps and coaches will be allowed behind the start area of all races. (1/20/11)

15. Swimmer Conduct

- A. Any swimmer with ink, marker, paint, etc. on his/her body other than event numbers written on hand will not be allowed to swim. Any swimmer that writes on another swimmer will not be allowed to swim.
- B. Any swimmer who does not give an honest effort by showing off during a race will cause a 10-point deduction for their team. This could include potentially each swimmer on a relay team.
- C. Swimmers may not display logos of their club team on their caps or suits. High school team caps are acceptable.
- D. Primary team colors are: OOI – red/blue, OOII- black/teal, Hills – bright blue, Summit – green/black

16. Swimsuits

Swimsuits worn by participants of the Santa Clarita Swim League shall be limited to the following requirements:

- A. Only one swimsuit is permitted in competition. A swimmer with special needs may request waiver of ruling from the League Representatives.
- B. The swimsuit shall be:
 - 1. Constructed of a woven/knit textile material
 - 2. Permeable (100 percent to air and water)
 - 3. Made so as not to aid buoyancy and shall not be altered to aid in buoyancy
 - 4. Made with no zippers or fastening system other than a waistline tie for a brief or jammer and elastic material within the casing/ribbing in the terminal ends (straps, leg openings and waist openings).
 - 5. Constructed so that the style/shape of the suit is:
 - a. For males: shall not extend above the waist or below the kneecap.
 - b. For females: shall not extend above or beyond the shoulders or to the knees
 - c. NO TECH/TECHNICAL SUITS - this includes KNEESHINS-SPEEDSUITS (revised 6/16/25)
 - a. A technical suit also known as a tech suit, has panels, bonded or taped seams and is water repellent. (By dunking the suit in water and then pulling it out of water, water will bead off the suit). A tech suit also has a Fina stamp of approval that displays the letters “Fina” across the top of the stamp and looks like a QR code below the “Fina” letters. If the stamp of approval has been rubbed off, an outline of the stamp will remain on the suit.
 - b. Some examples of tech suits (not a fully inclusive list): Speedo FS series, Aquablade, TYR Tracer series, Arena Powerskin series, etc.
 - i. For images of a tech suit, regular jammer and Fina stamp – see Appendix A at the end of this document

- c. IMPORTANT: The panels on the tech suit compress the hips and glutes that provides the swimmer an advantage over other swimmers by providing a level of buoyancy to glide on top of the water.
- d. Final determination of the suit validity will be at the sole discretion of the League Representative board, by a majority vote
 - i. The decision made by the League Representatives is final and not up for debate.

C. Rule Violation Penalty

1. Violation of the swimsuit rule (see above) will result in the following action:

- a. If the infraction is noted prior to a race start the swimmer must change into a “legal swimsuit” as determined by the ruling above. NOTE: The race will NOT be delayed/reseeded to allow the swimmer the opportunity to make the suit change. If the swimmer does not have a legal swimsuit available then the swimmer will not be able to participate in the meet. If the infraction is noted during or after a race has begun the swimmer will be automatically disqualified. If the swimmer is a participant in a relay, the entire relay is disqualified (1/20/11)

b. Tech suit violation will result in the following action: (6/16/25)

- i. See rule 16. C. 1. a. if the wearing of the tech suit is identified prior to the race starting.
- ii. If the wearing of a tech suit infraction is noted during or after a race has begun the swimmer will be automatically disqualified. If the swimmer(s) is a participant in a relay, the entire relay is disqualified.

17. Transgender Policy

An athlete that identifies as a different gender than his/her biologically born gender can compete under the gender that they identify as. Based on FINA competition guidelines, the athlete will swim exhibition and any relays they are on will be exhibition. This does not apply if they swim under their biologically born gender. A biologically born male can wear a female swimsuit if they identify as female gender. There will be no penalty if the female swimsuit meets the league swimsuit guidelines. (5/28/21)

Approval of the Rules and Regulations of the Santa Clarita Swim League

Team	League Representative	Signature
OOI	Taylor Boyd	<i>Taylor Boyd</i>
OOII	Ryan Wach	(unable to sign due to family emergency)
Valencia Hills	Stuart Beck	<i>Stuart Beck</i>
Valencia Summit	Shannon Tester	<i>Shannon Tester</i>

Date: 6/24/2025

APPENDIX A

Examples of tech-suit jammer and regular jammer (non-tech suit)



Tech-suit jammer - has panels and bonded or taped seams (this is for sample only - does not cover all versions of tech suits)



Non-tech suit jammer - does not have panels, bonded or taped seams (this is for sample only - does not cover all versions of tech suits)

APPENDIX A - continued

Fina stamp examples



Example I



Example II