

# RULE V - SWIMMING AND DIVING

## ARTICLE I - ELIGIBILITY

### SECTION A - AGE DIVISIONS

- (1) The age control is on or before June 1 of the current year.
- (2) There are five age divisions for both boys and girls. The age divisions are: (2007: Wording was changed)
  - (a) 8 & Under
  - (b) 9 & 10
  - (c) 11 & 12
  - (d) 13 & 14
  - (e) 15 to 18
- (1) A competitor may participate in one age division only during a single swimming or diving meet. For regular season meets, swimmers may Swim up in another age group but not down. For the district and state championship, swimmers may not swim up or down.
- (4) A competitor may compete in District and state level meets provided he or she is not in violation of any rules or regulations of this Manual. (REF: Rule I)
- (5) Relay teams in District competition may qualify for the State Meet by affiliate name only. Name of relay participants are required, and relay participants may be changed, added or substituted, provided that their names appear on their affiliate's official ARPA Roster. For example, a relay change would be one based on sickness, which occurred between District and state or injury to a participant between preliminaries and finals. Any relay team and its participants disqualified will be ineligible to participate in that event at State.
- (6) Any relay team found to contain an ineligible swimmer or swimmers shall be disqualified and the alternate team shall be substituted.
- (7) A swimmer or diver cannot compete on two (2) swim teams at the same time during ARPA swimming season. This season begins June 1 and ends with the completion of the State Swimming and Diving Meet. A swimmer or diver may compete in ARPA Competition and U. S. Swimming Open Competition if the swimmer is representing the same ARPA team in both competitions. A swimmer or diver may compete in ARPA Competition and U. S. Open Competition if the swimmer is independently registered with U. S. Swimming and is swimming in U. S. Swimming Open Competition unattached.

### SECTION B - FEES

- (1) Districts will establish the fee schedule for their District Meet.
  - (a) In addition to the above-fees, there will be a onetime charge of \$1.00 per person to be paid to the State Office. Host will be responsible for collecting.
- (2) Fees for ARPA State Swimming & Diving Meet are set as follows:
  - (a) Individual entries \$3.00 per event.
  - (b) Relay teams \$8.00 per team.
  - (c) In addition to the above fees, there will be a onetime charge of \$1.50 per person to be paid to the State Office. Host will be responsible for collecting.

### SECTION C - ENTRIES

- (1) Each District will be responsible for holding their own swimming and diving meets anytime during the swim season.
- (2) The Host Team of the District Meet is responsible for turning in the entries to the Host City of the State Meet by 5:00 p.m. 10 days prior to the State Swim Meet. Entries shall consist of the following:
  - (a) Complete State Swim Meet Entry Forms (see appendix D-2).
  - (b) Official ARPA Roster Form or like program roster containing all ARPA roster info (see appendix B).(2007 Rule Change)

- (c) Results of District Meet.
  - (d) District money for total entries.
- (3) Only persons whose names are approved on their Affiliate's Official ARPA Roster and who meet all ARPA eligibility requirements and who are representing an affiliate not on current suspension for swimming and diving may compete in ARPA District and State Swim Meets.
- (4) Both the district and state championship meets will recognize overall team performance. At district teams will be scored overall in comparison with one another. For example, if a district has six teams then 1<sup>st</sup> through 6<sup>th</sup> place will be announced. At the state championship, there will be two categories: municipalities under 15,000 and municipalities 15,000 and above. The winner of each category will receive a trophy. Scoring will use Meet Manager default scoring.
- (5) Regardless of the number of participants a district has, the 1st, 2nd, and 3rd place finishers in the district meet will advance to the State meet, regardless of time. The 4th through 12th place finishers will advance to the State meet if they meet the qualifying time (twelfth place time from the previous years meet.) (2007 Rule Change)
- (6) If one of the qualifying swimmers is unable to go to the State Meet, the swimmer in the next place or qualifying time will advance to the State.
- (7) When there is only one swim team in a district, qualifying places and times must be set at either a designated dual meet or a designated time trial with a representative of the ARPA Recreational Sports Committee present.
- (8) Individual competitors may enter a maximum of three individual swimming events, two relays and two diving events.
- (9) No exhibition swimming will be allowed at the State Meet.
- (10) Relay teams will be entered on District participation. The number of relay teams entered in District competition will be the number of teams a District may enter in the state meet. (i.e. If a District has two (2) teams, they may enter two relay teams; If a District has seven (7) teams, they may enter seven relay teams).
- (11) Relay teams will be turned in to the State Host by the District in team affiliate name only. All substitutes for relay teams must appear on affiliate's ARPA Team Roster and must have participated in a District meet.
- (12) Relay teams must be composed of members from one affiliate team and not a district-wide relay team or participants from more than one affiliate team.
- (13) All names of swimmers in individual events must be turned in to the State Host by the District Host. Any scratches and substitutes from a District must be turned in at the Scratch Meeting.
- (14) After the Scratch Meeting all entries are final.
- (15) All substitutions for individual events must have finished in descending order from 4th to 12th place in a District meet.
- (16) **Participants must compete at District in an individual event in order to compete at the State Meet in that same individual event. Relay time will not be used for qualifying individual events.**

## **ARTICLE II - REGULATIONS**

### **SECTION A- GOVERNING RULES**

- (1) The ARPA State Swimming & Diving Meet shall be governed by this Manual. In any situation which may not be covered by this Manual, the Meet Director, in consultation with the ARPA Swimming and Diving Sub-Committee (if they deem it necessary) shall have the authority to make the final decision.

- (1) All situations not specifically covered by this Manual concerning meet regulations shall be handled in accordance with the current United States Swimming Rules.
- (3) When a swimmer false starts in an event, in the starters opinion, a re-call will be called and a false start will be charged to the field. A second false start in that heat will mean that swimmer will be disqualified from that heat or event

**SECTION B - EVENTS AND QUALIFYING TIMES**

- (1) Events in each age division for boys and girls are as follows (Length of competition in yards):

<p><b>(a) 8 and Under</b></p> <p>100 Medley Relay 25 Freestyle 50 Freestyle 25 Breaststroke 100 Individual Medley 25 Backstroke 25 Butterfly 100 Freestyle Relay</p>	<p><b>9 &amp; 10</b></p> <p>200 Medley Relay 50 Freestyle 100 Freestyle 50 Breaststroke 100 Individual Medley 50 Backstroke 50 Butterfly 200 Freestyle Relay 1 Meter Diving</p>
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<p><b>11 &amp; 12</b></p> <p>200 Medley Relay 50 Freestyle 100 Freestyle 50 Breaststroke 100 Individual Medley 50 Butterfly 50 Backstroke 200 Freestyle Relay 1 Meter Diving 3 Meter Diving</p>	<p><b>13, 14, 15, 16, 17 &amp; 18</b></p> <p>200 Medley Relay 50 Freestyle 100 Freestyle 50 Breaststroke 100 Individual Medley 50 Butterfly 50 Backstroke 200 Freestyle Relay 1 Meter Diving 3 Meter Diving</p>
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- (2) Schedule of Competition:  
Diving Events only are to be held on Thursday.

**1 Meter Competition**

<p>Age Groups 10 &amp; Under dive must come from double mentioned. No dive in reverse or twisting groups will be allowed.</p>	<p>Required Dives Each will do a dive from the forward, back and inward groups. The fourth lining up in any of the three groups</p>
<p>11 &amp; 12 groups.</p>	<p>Each will do one dive from the forward, back, and inward, and twisting They will not dive from the reverse position.</p>
<p>13 &amp; 14 twisting, and reverse.</p>	<p>Each will do one dive from all five groups: Forward, back, inward,</p>
<p>15 - 18 twisting, and reverse.</p>	<p>Each will do one dive from all five groups: Forward, back, inward,</p>

**3 Meter Competition**

<p>12 &amp; Under not dive from the</p>	<p>One dive from the forward, back, inward, and twisting groups. They will reverse position.</p>
<p>13 &amp; 14 and reverse.</p>	<p>One dive from all five positions (groups): forward, back, inward, twisting</p>
<p>15 - 18 and reverse.</p>	<p>One dive from all five positions (groups): forward, back, inward, twisting,</p>

**Scoring:** Scoring will be handled the same as U. S. Diving competition. Judges, points awarded, and degrees of difficulty will be governed by the U. S. Diving Rules.

**Order of Swim Events:**

- |                      |                   |
|----------------------|-------------------|
| Friday               | Saturday          |
| 1. Individual Medley | 1. Butterfly      |
| 2. Breaststroke      | 2. Backstroke     |
| 3. Short Freestyle   | 3. Long Freestyle |
| 4. Medley Relay      | 4. Free Relay     |

**SECTION C - SPECIAL PROVISIONS**

- (1) All Rules for swimming and strokes, for starts and turns and for relays shall be taken directly from the current U. S. Swimming rulebook, unless otherwise stated in this Manual.
- (2) Rules for Diving:
  - (a) In diving competition, the Degree of Difficulty shall apply to all age groups and all dives.
  - (b) Divers cannot repeat required dives.
  - (c) No dive, whether required or optional, may be repeated. Otherwise, all dives of the same U. S. Diving number (whether layout, pike, or tuck) are to be considered the same dive.
  - (d) All Dives must be executed by the competitor, without any assistance from any other person, after the announcer has announced the name of the competitor and the dive which the diver is to execute. Penalty for obvious assistance shall result in a failed dive for that diver on the dive and be determined by the Referee. Assistance between dives may be permitted.
  - (e) Participants must be present at site & ready to participate at their designated time. Event time is determined by the Tournament's Official Bracket. Penalty: Forfeit.

**ARTICLE III - EQUIPMENT AND TIMING**

**SECTION A - FACILITIES AND EQUIPMENT**

- (1) The facility for the State Meet shall meet standards as set forth by the U. S. Swimming, for a six-lane pool.
- (2) The pool shall be equipped with acceptable starting blocks on both ends.
- (3) The pool shall be equipped with lane dividers, backstroke flags, and a recall rope.
- (4) Distances: District and state swim meets will take place on the 25 yard courses if possible. The next priority of course will be 25 meters. (only the Host who cannot provide the short course because of facilities will be allowed to use the long course of 50 yards or 50 meters.) In the event that only the long course is available, the Recreational Sports Committee must approve modifications. Times for meters must be converted to yards by the District Host. The formula for conversion will be:
 

<ul style="list-style-type: none"> <li>(a) YARD TO METER</li> <li>Y = Yard time in seconds</li> <li>M = Meter time in seconds</li> <li>T = Difference in turns from yards to meters</li> <li><math>(Y \times 1.1) + T = \text{Meter Time}</math></li> </ul>	<ul style="list-style-type: none"> <li>(b) METER TO YARD</li> <li>Y = Yard time in seconds</li> <li>M = Meter time in seconds</li> <li>T = Difference in turns from meters to yards</li> <li><math>(M - T) \text{ divided by } 1.1 = \text{Yard Time}</math></li> </ul>
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- (5) All other times as necessary for the successful operation of the meet, such as adequate seating, restrooms, concessions, watches, pistols, etc., shall be provided by the Host Agency for District or state competition.

**SECTION B - TIMING**

- (1) Fully automatic, electronic timing with touch pads shall be required for all state level swimming competition and is highly recommended for District competition. Times shall be reported in two decimal places only (100ths of a second). In case of a tie to the hundredth of a second, thousandths may be used to determine the correct order of finish. Times shall still be listed in hundredths only. All state records shall be reported to the hundredth of a second with no rounding off.
- (2) Two backup timing systems shall be available at all times when electronic timing is being used. This should consist of a manual backup built into the timing system to obtain a minimum of 3 additional times other than the touch pad. These manual backups may be one or more black buttons (pickles) as well as one or more stop watches per lane. If 1 pickle, then 2 or more stop watches. If 2 pickles, then 1 stop watch is sufficient. Two across-the-board finish judges shall be used at all times for such a backup.

## **ARTICLE IV - MEETS AND AWARDS**

### **SECTION A- DISTRICT**

- (1) Each District shall have the right to conduct its own swimming and diving meet in a manner approved by the majority of participating affiliates provided any exception to the rules in this manual are approved by its State Recreational Sports Committee members. District or host affiliates are responsible for all District awards.
- (2) Seeding of all entries in swimming events shall be done in accordance with U. S. Swimming Rules. Divers in each event shall be arranged in a random pattern.
- (3) The state swim meet shall be a timed final to be scheduled on the following dates:
  - (a) The last Friday and Saturday in July.
  - (b) Diving will be on the last Thursday in July.
- (4) Medals shall be awarded to first, second, third, fourth, fifth, and sixth place winners in every swimming and diving event. Ribbons will be awarded to seventh and eighth place finishers.
- (5) Medals shall be awarded to first, second, and third place winners in every relay. Ribbons will be awarded to fourth through eighth places.

## **ARTICLE V - DISQUALIFYING AND PROTESTS**

A participant may be disqualified from an event for failure to swim a stroke correctly, a false start after one has been charged to the field, or unsportsmanlike conduct. Any protest or clarification of this decision must come from the participant's coach or Agency representative only. No parents shall be allowed to file a protest or approach any official while the meet is in progress, subject to the disqualification of the swimmer for the duration of the meet. A protest shall be filed with the Meet Director, who then has the authority to take it to the State Swimming and Diving Sub-Committee if they deem it necessary, or to make a ruling on the spot. The Host Agency shall be responsible for providing all officials necessary for the proper management of the State Meet including diving judges, timers, scorers, clerk or course, awards personnel, announcer, and any others deemed necessary by the Host Agency.

A three-person committee will be appointed by the Recreational Sports Committee to serve as the governing body of each Recreational sports event. The Host affiliate is responsible for the housing of the three member committee.