

- d. Method of protest. All protests must be submitted on the protest form available from the MCSL. If a protest does not include all requested information, the Rules Committee at its discretion may deny the protest without further consideration.
- e. Decision. After consideration of the facts provided and other facts that the Committee may gather, the Committee shall take appropriate action.

20. RECORDS

- a. Records kept. MCSL shall keep a record of the fastest time swum for each MCSL event, including events swum only at the divisional relay meets (Relay Carnival) and the Coaches' Invitational Long Course meet.
- b. Requirements and conditions.
 - i. A record time can be achieved only by a swimmer swimming in his or her own age group. Times achieved by swimmers swimming up in an older age group are not eligible.
 - ii. The lane in which the record time is achieved must have at least three timers or be equipped with an automatic timing device operated in accordance with MCSL rules.
 - iii. If one or more watches fail, back-up times shall be used in the order designated by the head timer prior to the event.
 - iv. Relay lead off splits. A record can be achieved by a swimmer who swims the first leg of a relay under the following conditions:
 - 1. The time must meet all the requirements and conditions for a record.
 - 2. Times achieved by a swimmer who swims the first leg of a relay cannot be used to qualify for the Individual All-Star Meet or the Coaches' Invitational Long Course Meet.
- c. Submitting records.
 - i. The referee, head timer, and the three timers on the lane must verify the record time by signing the lane-timer sheet or entry card.
 - ii. Within one week of the day on which the record time was swum, the host team must submit the signed lane-timer sheet or entry card to the MCSL Records Chairperson.
 - iii. Records achieved at the Coaches' Invitational Long Course, Individual All-Star, and Relay All-Star meets shall be submitted to the meet manager.
- d. Recognition. Swimmers achieving an MCSL record will receive a certificate and a patch.

GUIDE FOR OFFICIALS

1. Timers

- a. Timers should assure that their watches are functioning properly at all times during the meet by:
 - 1. Checking its accuracy at the Starter's "time check"
 - 2. Watching it occasionally during each event to make certain it is operating.
- b. Timers should look at the starting device and start their watches at the sight of the flash or smoke - not by the sound (unless a solely audible device is used). Timers should feel free at the start of a race to move to a position from which they can clearly see the starting device.
- c. Before the end of each race, Timers should position themselves at the end of the pool directly overlooking the finish line in order to observe closely the swimmer's finish.
- d. The watch should be stopped when any part of the swimmer's body touches the solid wall at the end of the pool (or the touch pad if automatic officiating equipment is being used). It is not the responsibility of the Timer to judge if the finish touch meets the requirements of the appropriate stroke finish rule.
- e. If, during any event, a Timer discovers that s/he has failed to properly start the watch or that the watch is not functioning properly, the Timer should immediately notify the Head Timer or Assistant Head Timer.
- f. The official time used will be the time of two watches that agree, or the middle time if none agree, and will be recorded to the hundredths (e.g., 1:35.79). If times from only two watches are available, the average should be recorded to the hundredth of a second (thousandths should be dropped, i.e., 1:25.435 is recorded as 1:25.43).

2. Head Timers

- a. The Head Timer shall time each event and, generally, shall time the winner except when needed for another lane. However, if a record is being contested, the Head timer will time that lane and not substitute.
- b. The Head Timer shall see that at least one Alternate Timer is available during the meet for use where needed.
- c. The Head Timer shall instruct Timers to clear their watches before the start of each event.
- d. The Head Timer shall check and approve the official time reported at each lane for each event.
- e. The Head Timer shall assure that at least three Timers are available at any lane in which a record is likely to be contested or broken.
- f. If valid times are available from less than three watches on a lane, the Head Timer shall have the Assistant Head Timer verify the validity of the available times by initialing the lane card and presenting the card to the Referee for his/her initials.
- g. The Head Timer shall prepare the proper forms for record claims when appropriate, secure confirmations from lane timers and submit the form for approval by the Referee.

3. Head Scorer

- a. The Head Scorer receives the cards/time lane sheets from the Head Timer and checks that the official time is indicated correctly (the middle of three times, two times which agree or see rule 15.f.(1) if less than three times are available).
- b. The Head Scorer reads the official times in lane order to the Computer Operator and then passes the cards/timer lane sheets to the Computer Operator.

- c. The Head Scorer may be asked as a courtesy to check pool and team records, but it is not necessary to check for All-Star Nominating times or MCSL records since they will be flagged by the computer program.

4. Computer Operator

- a. The Computer Operator must be thoroughly familiar with the MCSL Computer Operations Handbook. Detailed guidelines for running the meet will be found there.
- b. The Computer Operator attends the scratch meeting to receive any changes in the meet which have occurred as a result of the scratch meeting. Such changes will be entered into the computer before the start of the meet.
- c. The Computer Operator enters times as read by the Head Scorer in each event. At the conclusion of the event s/he prints out the results to be checked by the Data Checker.
- d. At the conclusion of the meet the home team is responsible for printing two copies of the results and making a diskette to be turned into the Division Automation Liaison or communicating the results to the Division Automation Liaison electronically.

5. Scorer

- a. The Scorer is provided by the visiting team to review the results printed out by the computer.
- b. At the conclusion of each event, the Scorer compares the cards/timer lane sheets to the printout from the computer. When errors are found, the printout is returned to the computer operator for correction.
- c. When the results have been certified correct the printout and ribbon labels (if produced by the computer) are passed to the ribbon writers.
- d. Maintain a DQ log for each team - copies on a separate sheet for each team, the event, lane number and reason as written on the DQ card for any disqualification.

6. Ribbon Writers

- a. Each team is responsible for providing a ribbon writer at the scoring table.
- b. If labels are produced by computer, the ribbon writer's job is to attach the correct label to the appropriate finish ribbon and then place the ribbon in the appropriate team ribbon box.
- c. If computer generated labels are not produced at the meet, the ribbon writer must transcribe the information from the results printout to the appropriate finish ribbon.
- d. If it is known in advance that computer generated labels will not be available, the home team should prepare ribbons before the start of the meet by writing the meet date, event number, distance and stroke on ribbons for each event.

7. Take-Off Judges

NOTE: Relay starts for all swimmers after the first are governed by different rules from those at the initial start. Subsequent swimmers can lean, be off balance, and can be in motion in anticipation of the incoming swimmer's finish. The only requirement is that some portion of the outgoing swimmer's foot is still in contact with the take-off surface when the incoming swimmer touches the end of the pool.

- a. There shall be one judge at each take-off point on each lane. In dual meets, the judges shall be from the opposing team for each lane. In addition, there shall be one judge alongside both outside lanes and each of these judges shall observe take-offs on the lanes nearest him (one judge on each side for dual meets; one or more, with authority for lanes divided, in divisional championships and relay meets).
- b. Lane Take-Off Judges shall station themselves (after the first swimmer) alongside the starting swimmer so that they can clearly see both the touch of the incoming swimmer and the feet of the departing swimmer as the

latter leaves the deck or the wall. The Judge shall determine whether the feet of the departing swimmer remain in contact, or for in-water take-offs whether some part of the body remains in contact with the wall or deck until the incoming swimmer touches the wall. The Take-Off Judge will not be responsible for determining if the swimmer pushed off from the wall or the bottom. Pool side Judges will stand at the side of the pool, or will stand alongside the outside lane and bend forward as necessary to view the take-offs.

- c. Lane and Side Take-Off Judges shall independently record infractions in writing without the use of any hand signal during the race. The Judge shall use forms provided to record whether each relay exchange observed was legal or illegal. If a team has committed an illegal take-off, the Judge shall so inform the Referee at the end of the event. Judges must not confer with each other or with Timers during the event regarding their calls.
- d. The Take-Off Judge must not, in any way, signal or advise the swimmer when to depart, nor affect the swimmer's take-off in any fashion.

8. Stroke and Turn Judges

- a. The duties of the Stroke and Turn Judges shall be to determine whether the swimmers perform their strokes, turns and finishes in accordance with the prescribed rules (those in the current U.S.A. Swimming Rules and regulations, except where modified by MCSL rules).
- b. Each Stroke and Turn Judge must be thoroughly familiar with all of the applicable rules.
- c. A disqualification for illegal techniques should be called whenever a Stroke and Turn Judge thinks that s/he has seen one committed, even though it may have no effect on the outcome of the race. Conversely, a disqualification should not be called if the Stroke and Turn Judge has reasonable doubt that s/he actually has seen the presumed fault. If a disqualification is committed, the Stroke and Turn Judge shall indicate this by raising his or her hand immediately without waiting for the race to finish.
- d. Disqualifications shall be reported to the Referee at the end of each event.
- e. The Stroke and Turn Judge should not review or discuss a potential disqualification prior to his or her decision with anyone except the Referee.

9. Chief Judge

USA Swimming defines Chief Judge as follows: *An overall "Chief Judge" may assign and supervise the activities of all stroke, turn, place and take-off judges and may report their decisions, or if desired any judging category may have a designated "Chief". Any "Chief" may act as liaison for the judges and may serve simultaneously in one of the judging positions and shall assign those judges within the "Chiefs" category.*

For MCSL a Chief Judge will be responsible for the following:

- a. Work with the Referee to determine Stroke & Turn Judges placement, jurisdiction, and rotation.
- b. Other duties for the Chief Judge as the Referee sees fit.
- c. Either the Referee or the Chief Judge (or both) will conduct the Stroke & Turn Judge briefing.
- d. During the meet the Chief Judge will be positioned at the opposite end of the pool from the Referee and shall handle any Stroke & Turn infractions that are called by the Stroke & Turn Judges at the Chief Judge's end of the pool. Handling an infraction means that the Chief Judge will ask the Stroke and Turn Official what he/she saw, why it is an infraction, and where he/she was positioned. Once the Chief Judge has approved the disqualification, it will then be taken to the Referee for final approval and sign off.
- e. The Chief Judge may fill in for a Stroke & Turn Judge in an emergency.

- f. The Chief Judge will not make Stroke & Turn calls, or any other disqualifications. If the Chief Judge observes an action, then the Chief Judge should talk to the Referee.

A Chief Judge is usually used only at championship meets in USA Swimming, even though they are most useful at lower level meets. MCSL recommends their use at Divisionals and All Stars. They may be used at other meets if the Team Reps decide to do so ahead of time. The Chief Judge will be supplied by the home team for Dual Meets.

Any person appointed to be Chief Judge should be MCSL certified as a Referee, be experienced (at least one year's experience as a Stroke and Turn), and be willing to supervise the activities of others.

Administrative Referee: MCSL does not use an Administrative Referee.

10. Starter

Rules for forward and back starts are given in the section of USA Swimming Rules for Swimming the Strokes

- An electronic starting horn and an electronic strobe signal is the preferred starting device.
- The Starter shall stand within ten feet of the starting end of the pool. The visual starting signal shall be clearly visible to all the swimmers and timers and the starting signal shall be audible to all the starting positions.
- Upon signal from the Referee, the Starter assumes full control of the swimmers until a fair start has been achieved.
- Optional instructions include:
Event, stroke and distance

For backstroke starts, the command, "Place your feet"

Notify relay swimmers that all but the last swimmer must leave the pool immediately upon completion of their leg

- At the commencement of each heat, the referee shall signal to the swimmers by a short series of whistles (four or five) to remove all clothing except for swimwear, followed by a long whistle indicating that they should take their positions near the edge of the pool and remain there. In backstroke and medley relay events, at the Referee's first long whistle the swimmers shall immediately enter the water and at the second long whistle shall return without undue delay to the starting end.
- When the swimmers and officials are ready, the Referee shall signal with an outstretched arm to the Starter that the swimmers are under the Starter's control.
- On the Starter's command "take your mark", the swimmers shall immediately assume their starting position with at least one foot at the edge of the pool. When all swimmers are stationary, the Starter shall give the starting signal.
- False Starts
 - Any swimmer starting before the starting signal has been given shall be disqualified. If the starting signal sounds before the disqualification is declared, the race shall continue and the swimmer or swimmers shall be disqualified upon completion of the race. If the starting signal sounds and the race is recalled then no swimmer shall be charged with a false start.
 - When a swimmer does not respond promptly to the command "take your mark" or false starts before the starting signal is given, the Starter shall immediately release all swimmers with command "Stand" upon which the swimmers may stand up. Any swimmer who enters the water or backstroke who leaves the starting area shall be charged with a false start, except that a swimmer who would otherwise be charged with the false start may be relieved of the charge if the false start was caused by the swimmer's reaction to the command.

- In backstroke or medley relay events a false start may be charged to any swimmer who fails to maintain his/her feet and/or hands in a legal position after the first warning.
- A swimmer can be charged with a false start by the Starter only if the Referee has observed the violation and confirms that the violation occurred.
- A swimmer shall not be disqualified for an illegal starting position at the start if the race is permitted to proceed without recall. Enforcement of the correct starting position is the responsibility of the Starter, who, with the concurrence of the Referee, may impose the appropriate penalty for violation before the starting signal is given.
- If a swimmer is disqualified for a false start and the start signal is not given, the swimmer shall be permitted to swim the event as an exhibition swimmer.

11. Referee

- The Referee is the final arbiter of all decisions and questions during the conduct of the meet. The rulings of the Referee during the meet shall be final, subject only to the protest procedures described elsewhere in this Handbook.
- The Referee shall have full authority over all officials and shall assign and instruct them; shall enforce all applicable rules and shall decide all questions relating to the actual conduct of the meet, the final settlement of which is not otherwise assigned by said rules; can overrule any meet official on a point of rule interpretation or on a judgment decision pertaining to an action which the Referee has personally observed; shall also disqualify a swimmer or any violations of the rules that s/he personally observes.
- The Referee must be thoroughly familiar with all applicable USA Swimming Rules, the MCSL rules, all meet procedures, the duties of all officials and the requirements for conduct of the meet.
- Before the outset of the meet, the Referee shall determine that the prescribed number and kinds of officials are available, are familiar with the requirements of their positions and are appropriately placed or located for performing their functions.
- The Referee will conduct a scratch meeting pursuant to Rule 4.
- Before the meet is begun, the Referee shall have all timers undergo a check of their watches with the aid of the Starter.
- The Referee shall determine that the requisite Take-Off Judges and Stroke & Turn Judges have been assigned, equipped as necessary, briefed on their duties and are ready for the start. The Referee shall request silence for the start and signal the Starter to take charge.
- The Referee shall observe starts, strokes, turns, finishes, swimming techniques and other factors relative to the conduct of each event and may disqualify any competitor for any violation of the rules s/he observes. A starting violation should be confirmed by both the Starter and the Referee.
- The Referee shall give decisions, whenever necessary, on any question of compliance with the applicable prescribed rules, any question of unsportsmanlike conduct, failure to meet the required competitive conditions, interference by persons or natural causes, or other problems raised in the conduct of the meet. Flagrant violations of rules pertaining to unsportsmanlike conduct should be reported by the Referee to the Chairman of the MCSL Rules Committee for appropriate action.
- The Referee shall review all disqualifications by Stroke & Turn Judges or Take-Off Judges and, if s/he concurs, sign the DQ slips and see that they are officially recorded in the meet results prior to the start of the next event. The referee must have the DQ slip signed by the designated person from the affected team as an acknowledgement of notification (not necessarily agree-

ment, however). In the event the team designee declines to sign the slip, the referee may make such a notation on the slip, in which case notification shall be assumed to have occurred.

- k. The Referee shall certify the submission of claims for records set during the meet.
- l. The Referee shall record a sweep of the finish for each event. The Referee's sweep shall not be used by the Referee to change the order of finish when valid watch times are available, as described in Rule 15.f.

12. Clerk of Course

- a. The Clerk of Course shall be provided with an area clearly marked "Clerk of Course" to which all contestants should report as soon as their event is called.
- b. In dual meets, the Clerk of Course shall be provided with a Dual Meet Entry Report and with time sheets or cards arranged by events, one for each lane. The timer sheets or cards will be given to the timers at the beginning of the meet.
- c. All scratches and substitutions in accordance with Rules 5 and 6 shall be entered on the entry list during the scratch meeting by the Clerk of Course. Corresponding changes on the time sheets or time cards may be made after the meet starts, but must be completed before the swimmers are released by the Clerk of Course.
- d. The Clerk of Course should arrange with the Announcer to call the events so that an adequate time interval is provided for check-in before each event is swum. In most cases, a two event interval should be adequate.
- e. When the competitors for an event report, the Clerk of Course should inform them of their assigned lanes and help them get to the required places, as necessary. It is particularly important to ensure that swimmers in the 25 meter events, in which the Timers are at the opposite end of the pool, are in their proper areas - it is helpful to have an assistant(s) to aid with these events.
- f. The dual meet entry report, as corrected by the Clerk of Course during the scratch meeting, shall be submitted to the League with the meet records.

13. Team Representative

- a. The Team Representative and Coach should be familiar with all MCSL rules.
- b. The Team Representative will ensure that his/her team is represented at all MCSL Board Meetings.
- c. The MCSL recommends that Team Representatives should not officiate on deck at sanctioned meets. In those instances where circumstances require the Team Representative to function as a deck official, or where the Team Representative cannot be present at a meet, the Team Representative is responsible for designating a substitute and for informing the Referee and the Representative from the opposing team(s) of this substitution. From that point, all references in this Handbook to the duties of the Team Representative will fall on the designated Acting Representative. Furthermore, in those instances where the "permanent" Representative is present but acting in another capacity, the "permanent" Representative will not engage in any activities that are appropriate for a Team Representative but inappropriate for an official (e.g., consultation with coaches).
- d. The Team Representative is responsible for maintaining sportsmanlike behavior during the conduct of the meet.
- e. The Team Representative must ensure that all swimmers on the team roster are eligible to compete in MCSL meets and have the roster available at all meets.
- f. The Team Representative must know and comply with the Checklist for Meet Managers.

- g. It is important that the Team Representative double check All Star qualifying nominations, particularly in the results of the dual meet which precedes the Coaches Invitational Long Course Meet.
- h. The Team Representative is responsible for the ethics and behavior of parents pertaining to MCSL participation.

CHECKLIST FOR MEET MANAGERS

1. Preparation Prior to Meet

- a. At least 48 hours in advance: assure that the guest team Representative is familiar with the location of the host pool, and is prepared to furnish the required officials — including a Certified Referee if needed. The Meet Manager must also inform the guest team Representative of the type of starting equipment to be used at the home pool.
- b. At least one day in advance:
 - 1. Arrange for scoring tables, announcing system, and an appropriately equipped area for the Clerk of Course.
 - 2. Assure that prescribed host officials are available and will be on hand for the meet. (It is important that sufficient Timers are available for Championship Meets to provide three Alternate Timers for each event.)
 - 3. Appoint assistants to direct parking, if necessary, and to guide visitors to dressing, swimming and spectator areas.
 - 4. Provide starting device if appropriate, (Rule 1.k.), two whistles, watches, clipboards, pencils, relay and entry cards, Judges cards as needed, record forms, and awards.
- c. At least one hour before the meet starting time:
 - 1. Remove ladders, diving boards, or other detachable obstructions.
 - 2. Install lane lines, backstroke flags.
 - 3. Designate team areas, spectator areas, official zones.
 - 4. Provide adequate seating for spectators.
 - 5. Provide for practice with the starting device if necessary.

2. Conduct of the Meet

- a. Greet guest teams, introduce Team Representative and/or key officials to each other, as necessary.
- b. Arrange team warm-up schedule.
- c. Assure that all officials are ready and warm-ups are completed at least five minutes before starting time.
- d. Prepare list (at least in duplicate) of all meet officials.
- e. Provide runners for scoring tables and other meet officials.
- f. Arrange to have scores, results, and new MCSL records announced at appropriate intervals.
- g. **START THE MEET ON TIME.**
- h. Arrange distribution of ribbons, medals or other awards.
- i. Provide guest team with completed meet sheets and/or an electronic copy of the meet.
- j. Have home team Representative check meet results for accuracy and submit a copy to their Division Automation Liaison electronically within two hours of the conclusion of the meet. Entry forms, cover sheet, all cards/timer sheets and an electronic copy of the meet are to be maintained by the home team representative until the conclusion of the season.
- k. Deliver meet material to the Division Automation Liaison no later than 2:00 Saturday afternoon. This may be done electronically, though all paper meet materials must be retained by the team representative for the home team (or their designee) until the conclusion of the summer swim season.

USA Swimming Rules for Swimming the Strokes

These are the USA Swimming rules, as presented in the USA Swimming Rules and Regulations, 2004 Edition. The starting rules have been modified for MCSL (no starting blocks). The backstroke turn has been modified to "collegiate" rules.

1. MCSL Starting Rules

- a. Forward Start. The Referee issues a short series of whistle chirps after the last swimmer has touched (also to get ready for the first event) to alert the next heat to get ready. When the Referee is ready to continue, the Referee blows a single long whistle blast. This signals the swimmers to step up to the edge of the swimming pool (if they haven't already done so). When the referee is ready he/she signals the Starter by extending an arm towards the starter. The starter, upon receiving clearance from the Referee, directs the swimmers to "take your mark." The swimmers must immediately respond by assuming a starting position with at least one foot to the front of the deck. Sufficient time should follow "take your mark" to enable swimmers to assume starting positions, but no swimmer shall be in motion immediately before the starting signal is given.
- b. The In-water Forward Start. For starts in water depth of less than 4 feet, and for all relay take offs at the opposite end of the pool, swimmers shall start in the water with at least one hand on the wall or on the deck. To initiate the start, the swimmer shall push off the wall, but shall not push off the pool bottom.
For in-water starts at the start of a race, at least one of the swimmer's feet shall be in contact with the wall after the Take Your Mark command.
A back stroke start may not be used. Towels may not be used.
- c. Back Start. The Referee issues a short series of whistle chirps after the last swimmer has touched (also to get ready for the first event) to alert the next heat to get ready. When the Referee is ready to continue, the Referee blows a single long whistle blast. This signals the swimmers to step into the pool. One more long whistle blast is then issued to signal the swimmers to get into position. The swimmers shall line up in the water facing the starting end, with both hands placed on the edge, on the gutter or on one assistant's legs, no higher than mid calf. The heels of the person providing such assistance shall not extend beyond the edge of the pool. The swimmer's feet may be placed in any position on the vertical surface of the pool. Prior to the command "take your mark" and until the feet leave the wall at the starting signal, the swimmer's heels shall be in contact with the surface of the water. Standing on, or curling toes over, the edge of the pool, the gutter or a skimmer is not permitted at any time. A false start may be charged to any swimmer who fails to maintain his feet and/or hands in a legal position after appropriate warning. NOTE: A swimmer who curls toes over an edge after the starting signal commits a stroke violation, not a starting violation and may only be disqualified by a Stroke & Turn.

2. Breaststroke

- a. Start - The forward start shall be used.
- b. Stroke - From the beginning of the first arm stroke after the start and after each turn, the body shall be kept on the breast. It is not permitted to roll onto the back at any time. Throughout the race the stroke cycle must be one arm stroke and one leg kick in that order. All movements of the arms shall be simultaneous and in the same horizontal plane without alternating movement. The hands shall be pushed forward together from the breast on, under, or over the water. The elbows shall be under water except for the final stroke before the turn, during the turn and for the final stroke at the finish.

The hands shall be brought back on or under the surface of the water. The hands shall not be brought back beyond the hip line, except during the first stroke after the start and each turn. During each complete cycle, some part of the swimmer's head shall break the surface of the water. After the start and after each turn, the swimmer may take one arm stroke completely back to the legs. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke.

- c. Kick - After the start and each turn, a single downward butterfly kick followed by a breast stroke 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. The feet must be turned outwards during the propulsive part of the kick. A scissors, flutter or downward butterfly kick is not permitted except as provided herein. Breaking the surface of the water with the feet is allowed unless followed by a downward butterfly kick.
- d. Turns and Finish - At each turn and at the finish of the race, the touch shall be made with both hands simultaneously at, above, or below the water level. The head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during the last complete or incomplete cycle preceding the touch.

3. Butterfly Stroke

- a. Start - The forward start shall be used.
- b. Stroke - After the start and after each turn, the swimmer's shoulders must be at or past the vertical toward the breast. The swimmer is permitted one or more leg kicks, but only one arm pull under water, which must bring him to the surface. It shall be permissible for a swimmer to be completely submerged for a distance of not more than 15 meters (16.4 yards) after the start and after each turn. By that point, the head must have broken the surface. The swimmer must remain on the surface until the next turn or finish. From the beginning of the first arm pull, the swimmer's body shall be kept on the breast. Both arms must be brought forward over the water and pulled back simultaneously.
- c. Kick - All up and down movements of the legs and feet must be simultaneous. The position of the legs and feet need not be on the same level, but they shall not alternate in relation to each other. A scissors or breaststroke kicking movement is not permitted.
- d. Turns - At each turn the body shall be on the breast. The touch shall be made with both hands simultaneously at, above or below the water surface. Once a touch has been made, the swimmer may turn in any manner desired. The shoulders must be at or past the vertical toward the breast when the swimmer leaves the wall.
- e. Finish - At the finish, the body shall be on the breast and the touch shall be made with both hands simultaneously at, above or below the water surface.

4. Backstroke

- a. The Back Start shall be used.
- b. Stroke - Standing in or on the gutter or curling the toes over the lip of the gutter immediately after the start is not permitted. The swimmer shall push off on his back and continue swimming on the back throughout the race. Some part of the swimmer must break the surface of the water throughout the race, except it shall be permissible for the swimmer to be completely submerged during the turn and for a distance of not more than 15 meters (16.4 yards) after the start and each turn. By that point, the head must have broken the surface of the water.
- c. Turns - The turn requires that some part of the swimmer's body contact the end wall. After the swimmer's head has passed the backstroke flag, prior to

the turn, the swimmer's upper shoulder may (but is not required to) rotate past vertical toward the breast before the touch provided such rotation is accomplished by an initiation of the turning action or continuation into the wall. The initiation of the turning action shall be accomplished by a single-arm or simultaneous double-arm pull, or in the absence of such pulls, by a downward, underwater movement of the head. After the initiation of the turning action, no additional arm pulls may be started; however kicking and gliding actions are permitted. The swimmer shall assume a position on the back before the feet leave the wall.

- d. Finish - Upon the finish of the race, the swimmer must touch the wall while on the back. The body may be submerged at the touch.

5. Freestyle

- a. Start - The forward start shall be used.
- b. Stroke - In an event designated freestyle the swimmer may swim any style, except that in a medley relay or an individual medley event, freestyle means any style other than butterfly, breaststroke, or backstroke. Some part of the swimmer must break the surface of the water throughout the race, except it shall be permissible for the swimmer to be completely submerged during the turn and for a distance of not more than 15 meters (16.4 yards) after the start and each turn. By that point the head must have broken the surface.
- c. Turns - Upon completion of each length the swimmer must touch the wall.
- d. Finish - The swimmer shall have finished the race when any part of his person touches the wall after completing the prescribed distance.

6. Individual Medley

The swimmer shall swim the prescribed distance in the following order: the first one-fourth, butterfly; the second one-fourth, backstroke; the third one-fourth, breaststroke; and the last one-fourth, freestyle.

- a. Start - The forward start shall be used.
- b. Stroke - The stroke for each one-fourth of the designated distance shall follow the prescribed rules for each stroke.
- c. Turns
 - 1. The intermediate turns within each stroke shall conform to the turn rules for that stroke.
 - 2. The turns when changing from one stroke to another shall conform to the finish rules for the stroke just completed, and shall be as follows:
 - 3. Butterfly to Backstroke - The swimmer must touch as described in 2 d above. Once a legal touch has been made, the swimmer may turn in any manner, but the shoulders must be at or past the vertical toward the back when the swimmer leaves the wall.
 - 4. Backstroke to Breaststroke - The swimmer must touch the wall while on the back. Once a legal touch has been made the swimmer may turn in any manner, but the shoulders must be at or past the vertical toward the breast when the swimmer leaves the wall and the prescribed form must be attained prior to the first arm stroke.
 - 5. Breaststroke to Freestyle - The swimmer must touch as described in 1 d above. Once a legal touch has been made, the swimmer may turn in any manner.
- d. Finish - The swimmer shall have finished the race when any part of his/her person touches the wall after the prescribed distance.

7. Relays

- a. Freestyle Relay - Swimmers on each team swim the prescribed distance using any desired stroke(s). Freestyle finish rules apply.
- b. Medley Relay - Four swimmers on each team, each to swim one-fourth of the prescribed distance continuously in the following order: backstroke, breast-

stroke, butterfly, freestyle. Rules pertaining to each stroke shall govern, where applicable. At the end of each leg, the finish rule for each stroke applies in each case.

c. Rules pertaining to relay races:

1. No swimmer shall swim more than one leg in any relay event.
2. In relay races a swimmer other than the first swimmer shall not start until his/her teammate has concluded his/her leg.
3. Any relay team member and his/her relay team shall be disqualified from a race if a team member other than the swimmer designated to swim that leg shall jump into or enter the pool in the area where the race is being conducted before all swimmers of all teams have finished the race.
4. Each relay team member shall leave the water promptly upon finishing his/her leg, except the last member.
5. In relay races, the team of a swimmer whose feet have lost touch with the deck (for Forward Starts) or whose body has lost contact with the wall (for in-water relay starts) before his/her preceding teammate touches the wall shall be disqualified.
6. A swimmer may take not more than one step during the forward start of his/her relay leg to bring him/her to the edge of the pool.
7. The 250 Meter Crescendo shall start in the shallow end with an in-water forward start. All 100 meter medley events shall start in the shallow end. The Mixed 8 & Under 100 meter freestyle relay may start in the shallow or the deep end. All swimmers starting their leg of a relay in the shallow end must use an in water start. For those pools with no shallow end (4 feet or deeper in both ends), a "shallow" end must be designated. There must be two in water starts for each 100 meter relay and one in water start for the 250 meter Crescendo (first swimmer) in the shallow or so designated end. This rule does not apply to the All-Star Relay Meets.