

Summer League Rules

The Summer League consists of 8 to 12 teams from the Greater Tacoma region. Team participation is open to any team wishing to participate until accepting all new team applicants would make the number of teams more than 12, in which case a vote will be held by the current teams to select the new teams.

Annual Meeting

Representatives from each team will meet each September to go over the following:

1. Elect a League Commissioner.
2. Make any changes to the League Rules for the following year.
3. Accept withdrawal from teams wishing to withdraw from the league.
4. Accept new teams into the league.
5. Determine the conference alignments for the following season.
6. Select the Summer League Championship host for the following season.
7. League Finances.
8. Any other business as brought by any member team.

Meeting minutes shall be taken and distributed to each member team following the annual meeting.

Conferences and Dual Meet Scheduling

The league is divided into two equally-sized conferences, Cascade and Olympic, based on the previous year's team ranking. The League Commissioner shall oversee the scheduling process and each team will be scheduled four dual meets within their conference over a five-week period (Weeks 1-5). These meets are considered "Conference Dual Meets." Teams may schedule "Non-conference Meets" with teams that are in or out of their conference.

Non-Conference Meets

Non-Conference Meets are those which are not scheduled by the league. The teams participating in Non-Conference Meets are free to choose the format of the meet, including but not limited to order of events, seeding, scoring, and awards. When the participating teams cannot reach agreement as to how a meet will be run, the host team has the final say. Any variance from the Conference Meet format should be discussed and agreed upon no less than one week before the meet.

"Official" Conference Dual Meets

Conference Meets are the four meets for each team scheduled by the league. They shall be run by the following guidelines, depending on the number of lanes in the pool:

Order of Events

The order of events for the official Conference Dual Meets is located under APPENDIX A.

Entry Limitations

Athletes may only swim in one freestyle relay and one medley relay. No athlete may swim 3 individual events unless all athletes on that team swim at least 2 individual events *as a scoring competitor*. No athlete may swim 4 individual events unless all athletes on that team swim at least 3 individual events *as a scoring competitor*.

The “at least 2 and 3 events” rule does not apply to swimmers who are in an older age group and have no opportunity to swim. For example, if a team has nine 15-18 year-olds and there are only 15 opportunities to swim 18&U, obviously they cannot all swim 2 or 3 events. In that situation no swimmer in that age range shall swim 2 events more than another in the same age range, but younger swimmers may swim 3 or 4 events as long as the above rule applies to the remaining swimmers.

No athlete may swim more than 4 individual events. Coaches of the team may not compete in any individual or relay event, regardless of whether they are coaching at the meet.

Seeding

Only one heat of each event will be swum in 6- or 8-lane pools. 4-lane pools will have two heats of each event. The visiting team may choose either the “even” or “odd” lanes to swim in. Each team shall prepare cards for each swim before the meet. The swimmers shall take the cards to their timers before they swim. Exception: If both teams agree, the meet may be pre-seeded and a heat sheet printed.

In 8-lane pools, only the athletes swimming in lanes 2-7 will be considered *scoring competitors*. Swimmers competing in lanes 1 and 8 may earn ribbons—ribbons above 7th place is acceptable, depending on the host and visiting teams’ preferences—and their times will count. They will not score any team points and their swim will count toward their individual entry limitation.

In 4-lane pools, only the athletes swimming in lanes 2 and 3 of the first heat, and lanes 1-4 of the second heat will be considered *scoring competitors*. Swimmers competing in lanes 1 and 4 of the first heat may earn ribbons—ribbons above 7th place is acceptable, depending on the host visiting teams’ preferences—and their times will count. They will not score any team points and their swim will count toward their individual entry limitation.

The Start

The start command shall be “Take Your Mark” followed by an electronic “beep” or manual whistle.

Officials

Each team shall supply one official. The Officials shall wear an all-white shirt, preferably with a collar. One official shall start the races and write down order-of-finish for each heat. The second official shall make sure the swimmers shall touch all the required walls and swim what appears to be the correct stroke (no actual swimming infractions will be called as long as the stroke resembles the event more than another event).

Awards

The host may decide to award ribbons to either 6th or 8th place. Ribbons may be awarded to athletes as the heat completes, or the host may staple/clip the ribbons to the athletes’ cards.

Scoring

The host team shall supply an official scorekeeper. The visiting team may also use their own independent scorekeeper. The official scorecard (Appendix D) shall be used to keep score. If there is a question or discrepancy in the score(s), the order-of-finish kept by the starting official shall be considered the final authority. Individual events shall be scored 5-4-3-2-1 points for 1st-2nd-3rd-4th-5th places, respectively. Relay events shall be scored 10-6-4-2 points for 1st-2nd-3rd-4th places, respectively. Only three individuals or two relays from each team may score in a single event.

Results

The host team shall return all the visiting team's cards with finish times written on them at the conclusion of the meet. Exception: If another process for reporting each time is available it may be used.

Summer League Championship

The second Saturday in August (Week 6) will be the Summer League Championship. The meet host will be selected at the previous year's Summer League Annual Meeting. All swimmers train and compete with Summer League teams are welcome to compete. Swimmers 19-years-old and older must enter as "*exhibition.*"

There shall be no officials judging the meet. Coaches should self-disqualify any individual benefiting from a blatant illegal advantage (e.g. swimming freestyle in breaststroke event). An alternative to disqualifying a swimmer is to score them as "*exhibition,*" where they will not be eligible for awards or points. All relays shall have four (4) swimmers. Any relay with fewer or more swimmers will be scored as "*exhibition*" and will not be eligible for awards or points. Mixed relays may consist of all male athletes, all female athletes or a mix of genders. Swimmers may "age up" in any individual or relay event. No coaches are allowed to swim any individual or relay events except the coaches' relay. No swimmers may swim on the coaches' relay.

Order of Events

The order of events for the official Conference Dual Meets is located under APPENDIX B.

Seeding

Each swimmer may enter up to a maximum of three (3) individual events plus two (2) relay events. Entries are due to the meet host four days before the meet. Each team will be emailed a psych sheet the two days before the meet. This is a positive check-in meet and all athletes must sign in no later than 40 minutes before the meet start time. Swimmers who do not sign in will be removed from the meet prior to printing the heat sheet. Heat sheets will be provided to each team, and heat sheets may be available for sale to parents.

Awards

Ribbons will be awarded to the top 12 finishers in each individual event and top 6 relays in relay events.

Scoring

The top twelve (12) finishers will score in each individual event: 16-13-12-11-10-9-7-5-4-3-2-1. The top six (6) relays will score in each relay event: 32-26-24-22-20-18. The coaches' relay does not score points.

2016 ONLY

Scoring

No team score shall be calculated or awarded.

2017

Team Playoffs

At the end of Week 5, teams from each conference will be ranked based on win-loss percentage. In the event of a tied win-loss percentage between only two teams, head-to-head competition will determine ranking. For two teams who did not swim head-to-head, or a tie between more than two teams, the cumulative total points scored in all four Conference Dual Meets by each team will be used to determine team ranking. On Week 7 there will be two playoff meets.

Cascade #1-ranked Team v. Olympic #2-ranked Team
 Olympic #1-ranked Team v. Cascade #2-ranked Team

In odd-numbered-years, the Olympic teams will host Week 7 meets. In even-numbered years, the Cascade teams will host. Playoff meets shall be on Friday or Saturday. If the respective host is unable or unwilling to host the meet, the “visiting” team will become the host.

Only athletes who competed in at least two official Conference Dual Meets for their team may compete in the Week 7 playoffs. The meets shall follow all of the rules of official Conference Dual Meets. It is strongly suggested that an electronic starting device be used, and a neutral USA-Swimming or YMCA starter or referee oversee the starting and order-of-finish. If, after 48 events, the score is tied, each team will enter one relay for an Event 49 with no event limit applying to athletes in Event 49:

Event 49 – 11 & Under 200 Free Relay

Team Trophy Cup

The two winning teams from the Week 7 playoffs will compete together for the Team Trophy Cup in Week 8. In odd-numbered-years, the Cascade team will host the Team Trophy Cup. In even-numbered years, the Olympic team will host. Ideally the Team Trophy Cup shall be on Saturday evening. If it cannot be Saturday evening, it shall be Saturday or Friday. If the respective host is unable or unwilling to host the meet, the “visiting” team will become the host.

Only athletes who competed in at least two official Conference Dual Meets for their team may compete in the Team Trophy Cup. The Team Trophy Cup shall follow all of the rules of official Conference Dual Meets. An electronic starting device shall be used, and a neutral USA-Swimming or YMCA starter or referee shall oversee the starting and order-of-finish. If, after 48 events, the score is tied, each team will enter one relay for an Event 49 with no event limit applying to athletes in Event 49:

Event 49 – 11 & Under 200 Free Relay

There is a Team Travelling Cup Trophy which the winning team is responsible for keeping safe for the year leading up to the following year’s Team Trophy Cup. They must ensure it is returned to the Team Trophy Cup meet host five days before the next Team Trophy Cup meet.

APPENDIX A – OFFICIAL DUAL MEET ORDER OF EVENTS

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|----|-----------------------|----|---------------------|
| 1 | 18&U 200 Medley Relay | 27 | 18&U 100 Back |
| 2 | 14&U 200 Medley Relay | 28 | 14&U 50 Back |
| 3 | 12&U 200 Medley Relay | 29 | 13&U 50 Back |
| 4 | 10&U 100 Medley Relay | 30 | 12&U 50 Back |
| 5 | 18&U 100 Free | 31 | 11&U 50 Back |
| 6 | 14&U 50 Free | 32 | 10&U 50 Back |
| 7 | 13&U 50 Free | 33 | 9&U 25 Back |
| 8 | 12&U 50 Free | 34 | 8&U 25 Back |
| 9 | 11&U 50 Free | 35 | 7&U 25 Back |
| 10 | 10&U 50 Free | 36 | 18&U 100 Breast |
| 11 | 9&U 25 Free | 37 | 14&U 50 Breast |
| 12 | 8&U 25 Free | 38 | 13&U 50 Breast |
| 13 | 7&U 25 Free | 39 | 12&U 50 Breast |
| 14 | 18&U 100 Fly | 40 | 11&U 50 Breast |
| 15 | 14&U 50 Fly | 41 | 10&U 50 Breast |
| 16 | 13&U 50 Fly | 42 | 9&U 25 Breast |
| 17 | 12&U 50 Fly | 43 | 8&U 25 Breast |
| 18 | 11&U 50 Fly | 44 | 7&U 25 Breast |
| 19 | 10&U 50 Fly | 45 | 18&U 200 Free Relay |
| 20 | 9&U 25 Fly | 46 | 14&U 200 Free Relay |
| 21 | 8&U 25 Fly | 47 | 12&U 200 Free Relay |
| 22 | 7&U 25 Fly | 48 | 10&U 100 Free Relay |
| 23 | 18&U 100 IM | | |
| 24 | 14&U 100 IM | | |
| 25 | 12&U 100 IM | | |
| 26 | 10&U 100 IM | | |

APPENDIX B – LEAGUE CHAMPIONSHIP ORDER OF EVENTS

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|----|--------------------------------|----|-------------------------------|
| 1 | Girls 12 & Under 100 IM | 32 | Mixed 200 Free Coaches Relay |
| 2 | Boys 12 & Under 100 IM | 33 | Girls 8&U 25 Breaststroke |
| 3 | Girls 13-14 100 IM | 34 | Boys 8&U 25 Breaststroke |
| 4 | Boys 13-14 100 IM | 35 | Girls 9-10 50 Breaststroke |
| 5 | Girls 15 & Over 100 IM | 36 | Boys 9-10 50 Breaststroke |
| 6 | Boys 15 & Over 100 IM | 37 | Girls 11-12 50 Breaststroke |
| 7 | Mixed 8&U 100 Medley Relay | 38 | Boys 11-12 50 Breaststroke |
| 8 | Mixed 9-10 200 Medley Relay | 39 | Girls 13-14 100 Breaststroke |
| 9 | Mixed 11-12 200 Medley Relay | 40 | Boys 13-14 100 Breaststroke |
| 10 | Mixed 13-14 200 Medley Relay | 41 | Girls 15&O 100 Breaststroke |
| 11 | Mixed 15&O 200 Medley Relay | 42 | Boys 15&O 100 Breaststroke |
| 12 | Girls 8 & Under 25 Butterfly | 43 | Girls 13-14 50 Freestyle |
| 13 | Boys 8 & Under 25 Butterfly | 44 | Boys 13-14 50 Freestyle |
| 14 | Girls 9-10 50 Butterfly | 45 | Girls 15 & Over 50 Freestyle |
| 15 | Boys 9-10 50 Butterfly | 46 | Boys 15 & Over 50 Freestyle |
| 16 | Girls 11-12 50 Butterfly | 47 | Girls 8 & Under 25 Freestyle |
| 17 | Boys 11-12 50 Butterfly | 48 | Boys 8 & Under 25 Freestyle |
| 18 | Girls 13-14 100 Butterfly | 49 | Girls 9-10 50 Freestyle |
| 19 | Boys 13-14 100 Butterfly | 50 | Boys 9-10 50 Freestyle |
| 20 | Girls 15 & Over 100 Butterfly | 51 | Girls 11-12 50 Freestyle |
| 21 | Boys 15 & Over 100 Butterfly | 52 | Boys 11-12 50 Freestyle |
| 22 | Girls 8 & Under 25 Backstroke | 53 | Girls 13-14 100 Freestyle |
| 23 | Boys 8 & Under 25 Backstroke | 54 | Boys 13-14 100 Freestyle |
| 24 | Girls 9-10 50 Backstroke | 55 | Girls 15 & Over 100 Freestyle |
| 25 | Boys 9-10 50 Backstroke | 56 | Boys 15 & Over 100 Freestyle |
| 26 | Girls 11-12 50 Backstroke | 57 | Mixed 8&U 100 Free Relay |
| 27 | Boys 11-12 50 Backstroke | 58 | Mixed 9-10 200 Free Relay |
| 28 | Girls 13-14 100 Backstroke | 59 | Mixed 11-12 200 Free Relay |
| 29 | Boys 13-14 100 Backstroke | 60 | Mixed 13-14 200 Free Relay |
| 30 | Girls 15 & Over 100 Backstroke | 61 | Mixed 15&O 200 Free Relay |
| 31 | Boys 15 & Over 100 Backstroke | | |