

# **Valley Swim League**

## **Bylaws**

**(Last Update March 9, 2022)**

### **General**

1. Valley Swim League (VSL) is composed of the following swim teams:
  - a. Castlewood Country Club - Castlewood Barracudas
  - b. Pleasanton Valley Swim Club - PVC Dolphins
  - c. San Ramon Aqua Bears
  - d. Sunset Swim Team - mascot TBD
  - e. Rhonewood Sharks
  - f. Ruby Hill Red Raiders
  - g. Dublin Green Gators
2. All swim teams are required to use the follow software programs to manage their teams and run their swim meets:
  - a. Team Manager 5.0
  - b. Swim Meet Manager 5.0
3. Swimmer Eligibility
  - a. All competitors must be a swim team member of a participating club
  - b. The age group a VSL team member swims in will be determined by his or her chronological age on, or after, June 1<sup>st</sup>
  - c. Swimmers are eligible to compete through the summer following their high school graduation.
  - d. December 31<sup>st</sup> of the previous year is the deadline to compete in a USS meet. Competing in a USS meet after that date prohibits participation in the VSL for the following summer. Swimmer may train with a USS team in the spring but not participate in USS meets until after the VSL summer season has ended.
4. Swim meet schedule (Suggested Model)
  - a. Meet schedule is agreed upon during Jan/Feb league meeting. Prior championship results help determine schedule.
    1. Top 4 teams swim against themselves (3 meets) with 2 meets against teams finishing 5 – 8. Bottom 4 teams swim against themselves (3 meets) with 2 meets against teams finishing 1 – 4.

### **Swim Meets**

#### **Dual Meets**

1. Age groups
- b. Competing age groups are as follow:
  - a. 6 & Under Boys & Girls

- b. 7 & 8 yr. “ “
- c. 9 & 10 “ “
- d. 11 & 12 “ “
- e. 13 & 14 “ “
- f. 15 - 18\* “ “

g. Order of events

- a. Medley relay
- b. Freestyle
- c. Butterfly
- d. Breaststroke

**-- Break --**

- e. Individual medley
- f. Backstroke
- g. Freestyle relay

2. Scoring

- a. Individual events (Top 3 swimmers from each team are scored across heats.)

i. 7 – 5 – 4 – 3 – 2 – 1

- b. Relays (1st heat only with only 1 score per team)

i. 14 – 10

3. Stroke definition: Strokes will be judged based upon USS rules except for the following VSL adjustments:

- a. For the first two dual meets, teams are allowed to lower the stroke requirements for 6 & under and 7 & 8 age groups. Both teams must agree to the changes.

4. Each relay team must have 4 different swimmers

5. Each swimmer is limited to 5 scoring events (individual and relays). Any swimmer swimming more than 5 scoring events will be automatically disqualified for each event after the first 5.

- a. This rule does not apply when an age group for the swim meet has 6 swimmers or less.

- b. This rule does not apply when there are not enough swimmers to create a relay.

- c. Swimmers can swim up one age group to complete a relay. There are no move ups in individual events.

- d. Girls can swim in a ‘Mixed’ relay when there are not enough boys in an age group to fill a relay team. There must be a minimum of 2 boys.

6. Host teams swim in the even numbered lanes with the visiting team in the odd number lanes.

7. Host team responsibility

- a. Hosting coach needs to initiate contact with the visiting coach 4 days prior to the meet to discuss meet details. Meet lineups are due 3 days prior to the meet with the final merged meet file being sent back to the visiting 2 days before the meet (Thursday night at latest for Saturday meets and 3 days prior for Wednesday meets).

- b. Host team runs the meet and sets the meet rules which include:

i. Start time

ii. Special circumstances (dress code, noise, parking issues etc.)

- c. Provides a pool ready to support a swim meet.

- d. Provides staff for the following jobs:

- a. Computer operator (includes merging of meet files prior to the meet and sending out final results)
- b. Meet marshal
- c. Starting system
- d. 9 timers
- e. 1 stroke and turn judge
- 8. Visiting team responsibilities
  - a. Send meet lineup file to host team 4 days prior to the meet
  - b. Agree to meet rules as set by the host team.
  - c. Provides staff for the following jobs:
    - 1. 9 timers
    - ii. 1 stroke and turn judge

## **Championship Meet**

- 1. Swimmers must compete in two dual meets during the season to be eligible for the Championship meet; verification to be established upon request.
- 2. Swimmers are limited to 4 events at Championship (individual and/or relay); maximum of 3 individual events.
- 3. Each team can only submit 2 swimmers per age group for each individual event and 1 relay team per age group.
- 4. Boy relays can only become mixed relays if a team has less than the minimum number of boys to swim on their team roster (6 or less for 10 and under, 7 or less for 11+). There must be a minimum of two boys for each mixed relay.
- 5. Order of events will be the same as in dual meets
- 6. A swimmer may swim up in a relay only if there are not enough swimmers in an age group, on the team roster. If a swimmer swims up in a relay they may swim in their regular age group for individual events. If a swimmer swims up in individual events, they must swim up in any event in which they compete.
- 7. There will only be two (2) heats for each individual event and one (1) heat for each relay event.
  - a. Faster swimmers will swim in the 2<sup>nd</sup> heat.
  - b. Seeding of each event will be based upon seed times from dual meets.
- 8. Teams can bring a maximum of 3 alternates per age group, alternates can swim in either relays or individual events (alternates and/or relay swimmers are eligible to swim in the invitational meet in individual events only). Alternates must follow all rules specified above.
- 9. Relays must swim in the order in which they are listed in the system.
- 10. Medals are awarded to top 3 times and ribbons for places 4 – 8th place, regardless of what heat the swimmer swims in. Participation ribbons are handed out to 9<sup>th</sup> – 16<sup>th</sup> places.
- 11. Schedule for championships: Warm ups begin at 7:00a.m and end by 8:00a.m., national anthem 8:15, first event begins at 8:30a.m.
- 12. Each team is required to meet the following deadlines for the Championship meet:

- a. Meet entries are due the Sunday before the meet at 5:00pm. Failure to turn in meet entries by the specified time above will result in a 50 dollar fine payable to the Valley Swim League treasurer.
- b. First draft of merged meet will be sent to team coaches after all teams send in their line ups.
- c. All corrections are due by the Monday before the meet at 5:00pm
- d. No changes will be made after all corrections have been turned in.
- e. All teams are required to submit their insurance with a \$1 million rider
- 13. Scoring will be as follows:
  - a. Individual events
    - i. 17 – 15 – 14 – 13 – 12 – 11 – 10 – 9 – 8 – 7 – 6 – 5 – 4 – 3 – 2 – 1
    - b. Relays:
      - i. 25 – 22 – 21 – 19 – 18 – 16 – 15 – 13
  - 14. Warm up lane assignments are as follows:
    - a. Castlewood Lane 1
    - b. Ruby Hill Lane 2
    - c. Dublin Lane 3
    - d. Pleasanton Valley Club Lane 4
    - e. Rhonewood Lane 5
    - f. San Ramon Lane 6
    - g. Sunset Lane 7
  - 15. Each team needs to provide the following workers:
    - a. 3 timers with backup stopwatches per half
    - b. 1 recorder (with backup stopwatch, clipboard and ball point pen) per half
    - c. 2 people for misc. jobs ( “gatekeeper,” locker room check, backup for missing volunteers, etc.)
    - d. Ribbon writer teams. Each club will handle one event.
    - e. 1 Lane Marshall (entire meet)
    - f. 1 Stroke and turn judge (1/2 meet)
  - 16. Additional volunteers required
    - a. Announcer
    - b. National Anthem performer
    - c. Meet computer person
  - 17. No team cheers inside the pool gates
  - 18. Meet director has final discretion on all championship rules