

Summer Independent Swim League Rules and Regulations

S.I.S.L. Mission Statement: The Summer Independent Swim League is a fun introduction to competitive swimming. Our goal is to guide swimmers in their success as it relates to their times, stroke techniques, and good sportsmanship practices. All parent volunteers, swimmers, and coaches should be treated with the utmost respect and consideration in order to promote a safe and enjoyable swimming environment.

I. SWIM CLUB MEMBERS

Burton Hollow – Fairway Farms – Newburgh – Northville - Colony

II. HOST CLUB RESPONSIBILITIES

The current year host of the League Meet is responsible for holding a President's meeting no later than February 15th each year with documented minutes. The host club will establish and provide the dual meet schedule for the upcoming season for distribution at the President's meeting. (Exception: Schedule provided within one week of meeting when the League Meet date must be determined at the President's meeting. See Section III C.) Changes to the dual meet schedule require the concurrence of the affected club presidents. In addition, a meeting with all club coaches shall be held by the host club prior to seven days before the first scheduled dual meets.

Maintenance of these Rules and Regulations must be annually reviewed and approved at the President's meeting. The host club shall also be responsible for providing the current year meeting minutes and the current year League Meet Rules to all clubs by May 1st.

III. MEETS

A. All meet times will be kept to the hundredth of a second.

B. Dual Meets:

1. Each club shall compete in eight (8) dual meets per season – two meets with each club (home and away).
2. Each event will have exactly one point heat. The home team will use lanes 1, 3, 5 – visitors use lanes 2, 4, 6. Position is based on order of finish as judged by an observer at the finish. Line judges may declare that two swimmers tied – they should not rely on times to resolve order of finish if two or more swimmers finish almost simultaneously.
3. In addition to the 51 point heats each team may swim up to 25 exhibition heats per dual meet at the discretion of the coaches. With at least 2 days advanced notice and concurrence from the other team, a team may schedule up to 5 additional exhibition heats.
4. Any exhibition heats for a given event will be swum before the point heat of the event. The visitors' exhibition heats will be swum first followed by the home team's exhibition heats followed by the event's point heat. Exhibition heats between clubs may be combined to reduce the number of heats.
5. Each club must provide three (3) timers with stop watches to record times for the opposing team's lanes at dual meets.

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6. Short course starts will apply. Long course (meter) start rules shall not be enforced. Any swimmer starting from the shallow end must start from a push off in the water.
7. If a swimmer is unable to swim in an event, a change can be made, but the changes must be completed, on the timing card, prior to the completion of the previous event. No points will be awarded for an ineligible swimmer.
8. Swimmers with the fastest times (per each club) should be assigned lanes in the middle of the pool.
9. False starts, illegal stroke techniques and finishes while not enforced at dual meets must not be promoted. Coaches should model this by not swimming athletes who have illegal techniques in point heats.
10. During the swim meet, any intimidation, harassment, bullying, or attempt to influence any meet volunteer will not be tolerated. Violation could result in removal from the club grounds for the duration of the meet.
11. In the case of inclement weather, a "Weather Provision" shall be followed.

Weather Provision:

- * There will be no discussion of postponing or cancelling a dual meet until 6:00pm
- * The latest a dual meet will be allowed to begin is 7:15pm. If unable to start by 7:15pm the meet must be rescheduled or cancelled.
- * If the meet has been delayed, starting at 9:15pm, only the point heats will run.
- * The dual meet shall run as long as possible with no event starting after 9:45pm. A meet is not considered completed and official until at least event 29 have been completed.
- * The coaches and coordinators shall determine whether to call or delay the meet until the weather clears.
- * If less than 29 events have been completed, the meet may be rescheduled at the discretion of the clubs.

C. League Championship Meet:

1. A League Championship Meet, for all five clubs, shall be held at the end of each regular season on a rotating basis according to the order in Section I.
2. The League Meet date is designated as the last Saturday in July. Exceptions to this date will be decided at the President's meeting and must be agreed to by a majority of the member clubs. One typical exception is Olympic years where the league meet may be scheduled a week earlier due to the earlier scheduling of the USS championships.
3. All swimmers must swim in at least two (2) dual meets in order to compete in the League Meet.
4. There are no exhibition heats. All heats for "for points" where position is based on fastest time across all heats in the event.
5. For League Meet, each club will be responsible for eight (8) timers with stop watches (4 for a.m. and 4 for p.m.).

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6. All events must be completed at the League Meet. Events not completed on the designated League Meet date will be completed on the makeup date if the outcome of the league championship is unresolved. Events conducted on the makeup date shall be completed by 8:00pm Eastern Standard Time.

IV. ELIGIBLE SWIMMERS

- A. A Swimmer must be a bona fide, year round, member of the club which he or she is representing (e.g.; a person whose family owns stock in, and pays yearly dues to, a club is considered a bona fide year round member and is eligible to swim for that club.).
- B. Staff personnel that are given membership privileges are not considered bona fide (paying) members and therefore are not eligible to swim for that club.
- C. Staff personnel are not eligible to swim for the club in which they are employed, unless they are also a bona fide member of that club.
- D. Staff personnel can, however, swim for a club other than the one they are employed at providing they are a bona fide member of that club.
- E. "Summer Guests" of club members are not eligible to swim for the club.

V. SCORING

- A. Dual Meets – Points will be given for 1st, 2nd, and 3rd places as follows: 4-2-1 for individual events and 8-4-2 for relay events.
 1. If a team places 1st, 2nd and 3rd and the opposing team places 4th, the 3rd place point(s) are not awarded to either team. However, if the opposing team did not enter a swimmer in that event, then all points are awarded to the team placing 1st, 2nd and 3rd.
 2. The home club must allow at least one person from the visiting team to assist in scoring the meet. The home club has the responsibility for an accurate score and declaring a winner.
 3. All entrant cards and ribbons will be placed in a container provided by each team and held at the ribbon table until the conclusion of the meet.
- B. League Meet – Points will be given for 1st thru 6th places as follows: 7-5-4-3-2-1 for individual events and 14-10-8-6-4-2 for relay events.
 1. Each club can enter more than three swimmers/entrants per event, but only the top three finishers for that club in each event are eligible to score points. In the event that four or more swimmers from a single club finish in the top six places, the points that would have been earned by 4th (or lower) place swim from that club will be awarded to the fastest swimmers from other clubs as necessary until points have been awarded for the top six places.
- C. Ties – all meets – if swimmers or relays tie, the points for that place and the next lower place are combined. Each swimmer or relay is given half of the combined points. Example: two swimmers tie for 2nd place at the League Meet. Each swimmer will get 4.5 points (2nd = 5 points

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and $3^{\text{rd}} = 4$ points. $5 + 4 = 9$. $9 / 2 = 4.5$). The next fastest swimmer would be awarded 4th place points.

D. Overall league standing for each club is scored as follows:

1. Dual Meets: two (2) points for a win and one (1) point for a tie. No points for a loss.
2. League Meets: 6-4-3-2-1 points for 1st thru 5th place respectively.
3. The addition of each team's total Dual and League Meet points earned during the season will determine the overall League standings.

E. Forfeit Rules

1. In the event of a cancellation of a dual meet in the first 5 weeks of the swim season, the cancelled meet must be made up before the League Meet:
 - i. The home team is responsible for suggesting a reasonable alternative date and time
 - ii. If a reasonable alternative date and time is not provided, then the home team will forfeit the two points to the visiting team
 - iii. In the event the visiting team declines all reasonable suggestions, the visiting team will forfeit the two points to the home team
 - iv. In the event of an unresolved disagreement between the home and visiting teams, the Presidents' Board will award the points at the Board's discretion
2. In the week leading up to the League Meet, if there is a weather cancellation, then both teams will not be required to make up their dual meet and will instead split the two points, with one point being awarded to each Club

VI. AWARDS

A. Dual Meets:

1. The home team shall provide ribbons for 1st through 6th place for each heat (point heats and exhibition heats) for all individual events and for each swimmer on a relay in each relay heat. Expenses for these awards shall be the responsibility of the home team.
2. A swimmers first and last name will appear on all ribbons.
3. To assist in the separation and the pick-up of ribbons, all visiting teams shall provide a container prior to the start of the meet for the ribbon table to use.
4. The home team shall send additional blank ribbons home with the visiting team after dual meets in case someone was missing a ribbon.

B. League Championship Meet

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1. The host club must provide "Rosette Ribbons" with a neck ribbon for 1st through 12th place in each individual event and for each swimmer on a relay that places in 1st through 12th place. Expenses for these awards are to be divided up equally among all league clubs. (Note: the league has a standing order for these ribbons at Hodge's Badge Company. Each Host Club shall continue to order these ribbons from this suggested vendor.)
2. The host club must provide meet manager software with a mutually agreed upon cost for Championship meet. Any update fees will be divided up equally among all league clubs.
3. A traveling League Championship trophy and a League Championship plaque (to be retained by the club) will be awarded to the team with the highest combined total points (tie for 1st place = co-champions). In the event that the team winning the League Championship is not the winner of the League Meet, a separate 1st place plaque will be awarded to the winner of the League Meet. The cost of engraving the trophy shall be the responsibility of the winning club(s) if they choose to add their name to the trophy. The club hosting the League Meet will be responsible for the cost and the purchase.

VII. EVENTS/AGE GROUPS – ALL MEETS

- A. Each swimmer is allowed to compete in a maximum of three (3) separate events per meet: three individual; or two individual and one relay' or one individual and two relays. No swimmer is allowed to swim twice in the same stroke distance during any one given meet. Example: Swimming the 8 & U 25 meter Free and the 9 - 10 25 meter Free is not allowed.
- B. The swimmer's age as of May 31st of the current year determines which age group he or she will compete.
- C. All swimmers are eligible to compete in his or her age group and/or an older age group in the same meet. A swimmer may move up an age group, but never down.
- D. Relays must have at least one female and can be all female.
- E. All members of a relay team must be of the same age group or younger, as designated by the event.
- F. OPEN individual and OPEN relay – no age restriction except must be no older than 18.
- G. Swimmers (relays) are allowed only one false start per event. A second false start will result in disqualification.
- H. Starts – short course starts will apply. Long course (meter) start rules shall not be enforced.
- I. Shallow water starts – any swimmers starting from the shallow end must start from a push off in the water.

VIII. OTHER LEAGUE MEET INFORMATION

- A. Coaches should record swimmers times throughout the regular season. The swimmers best time should be used for each event that he or she is entered in at the League Meet.

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- B. When entering a relay team, coaches must list the swimmer's name that the coach plans to have in the relays. (This will assure that each swimmer is only entered in three events.) All relays must contain at least one female swimmer.
- C. No deck entries. Scratches may move a swimmer or relay into scoring position. Relay substitutions are permitted. The relay lineup is considered "locked" once the four relay swimmers enter the marshalling process.
- D. At the conclusion of the League Meet, the host team will provide the meet results to each team requesting the results in electronic form on media (typically a USB flash drive) provided by the requesting club. Clubs are entitled to a copy of the complete Meet Manager database after all events have been scored.
- E. Prior to the start of the League Meet, a brief meeting will be conducted by the League Meet Official and include the head coach from each team to discuss officiating and the method for notifying swimmers and/or coaches of disqualifications.
- F. The host club must allow one representative from each club to assist in scoring the meet. The host club has the responsibility for keeping an accurate tally of all team points and announcing the final standings.
- G. The host club for the League Championship Meet must use an electronic timing system at the expense of the host club.

(Note 1: The two timers per lane that each club provides are for backup purposes.)

(Note 2: The Dearborn USS Team "ORD" has been used with success over the years providing touch pads for both ends of the pool. The league requires that ORD be employed for the next year at the time of the current year meet by the next host club unless the league agrees to use another vendor.)

- H. In the event of a timing discrepancy at League Meet, the issue will be resolved by the designated swimming official on site.

IX. PENALTIES

- A. Dual Meets – If a club swims a non-member in a dual meet, they automatically forfeit the meet. If a swimmer competes in the wrong (lower) age group, that swimmer's points are taken away and given to the opposing team. If the event was a relay, the total relay points are given to the opposing teams.
- B. League Meet – If a club swims a non-member in the league championship meet, they automatically forfeit the meet. If a club swims (1) a swimmer that did not compete in two dual meets during the current season or (2) a swimmer is a lower age group, all individual and relay points earned by that swimmer will be DISALLOWED. The points for the remaining teams should be adjusted upward. The swimmer will not be allowed to compete in any remaining events, nor can his or her events be swum by an alternate swimmer from that club.

NOTE: These penalties will apply even after the meet(s) are over; if the challenged club cannot justify a questioned entry.

X. RULES NOT COVERED ABOVE

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The basic and generally accepted rules and guidelines of the competition sport of swimming as set forth in the USA Swimming Code” and/or Official High School Rules Book publications, and as agreed upon by the coaches of the “Summer Independent Swim League” will apply.

XI. OFFICIATING

Guidelines will be approved by the coaches of all SISL teams at the beginning of each season at the Coaches Meeting.

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Appendix A: Event list for the League Meet

Morning Events

- 1 Open 200 meter Medley Relay
- 2 8 & Under Girls 50 meter Freestyle
- 3 8 & Under Boys 50 meter Freestyle
- 4 9-10 Girls 50 meter Freestyle
- 5 9-10 Boys 50 meter Freestyle
- 6 Open Girls 100 meter Individual Medley
- 7 Open Boys 100 meter Individual Medley
- 8 11-12 Girls 50 meter Freestyle
- 9 11-12 Boys 50 meter Freestyle
- 10 13-15 Girls 50 meter Freestyle
- 11 13-15 Boys 50 meter Freestyle
- 12 Open Girls 50 meter Freestyle
- 13 Open Boys 50 meter Freestyle
- 14 8 & Under Girls 25 meter Freestyle
- 15 8 & Under Boys 25 meter Freestyle
- 16 9-10 Girls 25 meter Freestyle
- 17 9-10 Boys 25 meter Freestyle
- 18 Open Girls 50 meter Backstroke
- 19 Open Boys 50 meter Backstroke
- 20 8 & Under Girls 25 meter Backstroke
- 21 8 & Under Boys 25 meter Backstroke
- 22 9-10 Girls 25 meter Backstroke
- 23 9-10 Boys 25 meter Backstroke
- 24 11-12 Girls 50 meter Backstroke
- 25 11-12 Boys 50 meter Backstroke
- 26 13-15 Girls 50 meter Backstroke
- 27 13-15 Boys 50 meter Backstroke
- 28 Open 200 meter Freestyle Relay
- 29 8 & Under 100 meter Freestyle Relay

Afternoon Events

- 30 9-10 100 meter Freestyle Relay
- 31 11-12 200 meter Freestyle Relay
- 32 13-15 200 meter Freestyle Relay
- 33 9-10 Girls 25 meter Breaststroke
- 34 9-10 Boys 25 meter Breaststroke
- 35 11-12 Girls 50 meter Breaststroke
- 36 11-12 Boys 50 meter Breaststroke
- 37 13-15 Girls 50 meter Breaststroke
- 38 13-15 Boys 50 meter Breaststroke
- 39 11-12 Girls 100 meter Individual Medley
- 40 11-12 Boys 100 meter Individual Medley
- 41 13-15 Girls 100 meter Individual Medley
- 42 13-15 Boys 100 meter Individual Medley
- 43 9-10 Girls 25 meter Butterfly
- 44 9-10 Boys 25 meter Butterfly
- 45 11-12 Girls 50 meter Butterfly
- 46 11-12 Boys 50 meter Butterfly
- 47 13-15 Girls 50 meter Butterfly
- 48 13-15 Boys 50 meter Butterfly
- 49 9-10 100 meter Medley Relay
- 50 11-12 200 meter Medley Relay
- 51 13-15 200 meter Medley Relay

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Appendix B: Event list for the 2015 League Meet Only

2015 LEAGUE MEET – NORTHVILLE EVENT SCHEDULE

Morning Session - 9 AM Start:

- 1 8U free relay
- 2 Open free relay
- 3 Girls 10U 25 free
- 4 Boys 10U 25 free
- 5 Girls 8U 25 free
- 6 Boys 8U 25 free
- 7 Open Girls 100IM
- 8 Open Boys 100IM
- 9 Girls 10U 25 back
- 10 Boys 10U 25 back
- 11 Girls 8U 25 back
- 12 Boys 8U 25 back
- 13 Girls Open 50 back
- 14 Boys Open 50 back
- 15 Girls 12U 50 back
- 16 Boys 12U 50 back
- 17 Girls 13-15 50 back
- 18 Boys 13-15 50 back
- 19 Girls Open 50 free
- 20 Boys Open 50 free
- 21 Girls 8U 50 free
- 22 Boys 8U 50 free
- 23 Girls 10U 50 free
- 24 Boys 10U 50 free
- 25 Girls 12U 50 Free
- 26 Boys 12U 50 free
- 27 Girls 13-15 50 free
- 28 Boys 13-15 50 free
- 29 Open medley relay

Afternoon Session:

- 30 10U free relay
- 31 12U free relay
- 32 13-15 free relay
- 33 Girls 10U 25 Breast
- 34 Boys 10U 25 Breast
- 35 Girls 12U 50 Breast
- 36 Boys 12U 50 Breast
- 37 Girls 13-15 50 Breast
- 38 Boys 13-15 50 Breast
- 39 Girls 12U 100 IM
- 40 Boys 12U 100 IM
- 41 Girls 13-15 100 IM
- 42 Boys 13-15 100 IM
- 43 Girls 10U 25 Butterfly
- 44 Boys 10U 25 Butterfly
- 45 Girls 12U 50 Butterfly
- 46 Boys 12U 50 Butterfly
- 47 Girls 13-15 50 Butterfly
- 48 Boys 13-15 50 Butterfly
- 49 10U Medley relay
- 50 12U Medley relay
- 51 13-15 Medley relay

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Appendix C: History of Rules and Regulations Revisions

2010 Revisions: (02/01/2010)

III. MEETS:

Create 8.6. Dual meets will be called due to inclement weather occurring after Event 29.

VIII. OTHER LEAGUE MEET INFORMATION:

Create H. "In the event of a timing discrepancy at League Meet, the issue will be resolved by the designated swimming official on site."

2011 Revisions: (01/31/2011)

III. MEETS:

Change 8.3. From 49 point heats to 51 point heats in a dual meet to reflect the addition of two new events #34 OPEN Girls 100 meter Individual Medley and #35 OPEN Boys 100 meter Individual Medley.

Change 8.6. From Event 29 to Event 28 as a called dual meet due to inclement weather.

VII. EVENTS/AGE GROUPS – ALL MEETS

Change A.

Remove the "/" between the words "stroke" and "distance"

Add example: Swimming the 8 & U 25 meter Free and the 9 – 10 25 meter Free is not allowed.

Appendix A. Event list for Dual Meets

Move Event #45 8 & U 100 meter Freestyle Relay to Event #29

Add New Events: #34 Open Girls 100 meter Individual Medley and #35 Open Boys 100 meter Individual Medley

Adjust Event Numbers from Event #29 through Event #49 to reflect the changes: A dual meet will now have 51 events.

Appendix 8. Event list for the League Meet

Add New Events #6 Open Girls 100 meter Individual Medley and #7 Open Boys 100 meter Individual Medley

Adjust Event Numbers from Event #6 through Event #49 to reflect the new events: The League Meet will now have 51 events

2012 Revisions: (02/07/2012)

VI. Awards

Change A.2. Change first initial to first name

VIII. Other League Meet Information

Add to C. The relay lineup is considered "locked" once the four relay swimmers enter the marshalling process.

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Change to G (note 1). Change three to two timers.

2013 Revisions: (02/20/2013)

III. Meets

Add to 8.4. Exhibition heats between clubs may be combined to reduce the number of heats.

VI. Awards

Add A.4. The home team shall send additional blank ribbons home with the visiting team after dual meets in case someone was missing a ribbon.

2014 Revisions: (02/11/2014)

II. Add Language

The host club shall also be responsible for providing the current year meeting minutes and the current year League Meet Rules by May 1st.

III. Meets

6. Added Inclement Weather Provision

*There will be no discussion of postponing or cancelling a dual meet until 6:00pm.

*The latest a dual meet will be allowed to begin is 7:15pm. If unable to start by 7:15 the meet must be re-scheduled or cancelled.

*If the meet has been delayed, starting at 9:15pm, only the point heats will run.

*The meet is over at 9:45p, regardless of how many events have been completed. At this time, the meet is considered complete and official.

VI. Awards: change language

2. A traveling League Championship trophy and a League Championship plaque (to be retained by the club) will be awarded to the team with the highest combined total points (tie for 1st place = co-champions). In the event that the team winning the League Championship is not the winner of the League Meet, a separate 1st place plaque will be awarded to the winner of the League Meet. The cost of engraving the trophy shall be the responsibility of the winning club(s) if they choose to add their name to the trophy. The club hosting the League Meet will be responsible for the cost and the purchasing of the plaque(s). The plaque(s) are to be awarded at the February President's Meeting.

2015 Revisions: (02/15/2015)

Appendix B (revised order of events) approved for 2015 only.

2016 Revisions: (01/07/2016)

Appendix B kept as reference (2015 revised order of events), Appendix A re-instated for 2016

2018 Revisions (01/29/2018)

Reinstatement of S.I.S.L. Mission Statement, additional language regarding sportsmanship, and cleaning up of language to rules already following including weather provision.

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2019 Revisions: (01/30/19)

VI. Awards

Added line #2- shared costs for meet manager fees for Championship Meet.

2020 Revisions: (01/29/20)

V. Scoring

E. Added Forfeit Rules to clarify scoring in the event of meet cancellations.