

First Capital Swim League Rules

September 12, 2022

1. A swimmer's age is determined as of December 1st (current year), as the age for the season. The 13 & 14 age group will include swimmers who are 13 & 14 as of December 1st. (8-26-18)

A swimmer who is 15 years of age and older, and does not have a PIAA affiliated team (9th through 12th grade) must swim as an exhibition swimmer. **They may swim individual events only. There will be no 15 & over relays.** These swimmers may also compete in Championships and All-Stars as the Open Division. No points are awarded these swimmers. (8- 26-18) (9-15-19)
2. Each swimmer shall be permitted to enter a maximum of four (4) events, no more than two (2) may be individual events. This includes both dual meets and championship meets. N.F. 3-2-1 (12-7-94) (10-16-94)
 - **A swimmer may swim in a 3rd individual event if they stay within the maximum 4 event total. The 3rd individual event must be marked as an exhibition event. Coaches should try to only enter a swimmer in a 3rd exhibition individual event when there are open lanes (from your teams lanes) and would not create an additional heat in the event. This rule is for dual meets only. (11-15-22)**
3. A swimmer **may move up one age group for individual/relay events** and return to his/her age group for individual/relay events during a meet. Example: A 12 year-old may move up to swim in the 100 Free for the 13 & 14 age group and then move back to swim the 50 Breaststroke for the 11 & 12 age group. This same swimmer may swim the 200 Medley Relay for the 11 & 12 age group and the 200 Free Relay for the 13 & 14 age group. In Championship meets, **an athlete may only swim up in relays.** (12-7-94) (10-16-96) (4-26-14)
4. Team scoring as per National Federation Rules. All dual meet scoring will follow YAIAA ruling and will be scored as 6 lanes (York Suburban - 4 lanes) unless prior mutual consent is obtained. (4-5-09)
5. Teams may enter up to three relays in an event but only two relays may score points as per National Federation Rules.
6. Coaches must submit lineups to the scoring table prior to the start of the meet. The home team will swim in the odd lanes and the visitors will swim in the even lanes. Changes in line-ups should only be made under extenuating circumstances with mutual consent of both coaches and the coach making the change must make the appropriate communications to the computer operator. (4-15-07)
7. National Federation Rules, **with PIAA adoptions**, will be in effect with the following exceptions: One false start will be permitted for the 8 & Under age group only. (9-18-16)

Officials needed to run a meet are as follows:

Home Team

Referee
Starter (Referee/Starter can be the same person)
Finish Judge
Stroke/Turn Judge (2)
Timers (6)
Back-up Timer
System 6 operator
Ribbon label person (2)
Computer operator
Announcer

Visitors

Finish Judge
Stroke/Turn Judge (2)
Timers (6)



The home team Stroke/turn judges will be placed on the side of the pool where the majority of the lanes are even and the visiting stroke/turn judges will be on the side of the pool where the majority of the lanes are odd. When possible, the use of two stroke/turn judges is advised. Quartering the pool should be used with the stroke/turn judge at the turn end watching the turns.

There will be one finish judge from the visiting team and one finish judge from the home team.

At pools with only 4 lanes, the number of timers per team is 4. (9-30-01)

The PIAA has added an additional command to the backstroke start. All starters prior to the command “take your mark,” shall instruct the swimmers to “place your feet.”.

Individuals who have taken part in the FCSL meet officials’ clinic will be permitted to “officiate” at meets. (October 2012) This training must occur yearly. Training is free.

Trainer will be paid \$200 per year by the league to train people. (September 2013)

8. The highest total points accumulated for all swimming events will determine the winner of the meet. (4-14-13)
9. **One** exhibition heat for each event will be permitted. Exhibition heats must be swum after the regular event.

Coaches should work together in order to fill exhibition events when one team has less than three (3) swimmers.

10. Team **rosters** are to be submitted by December 1 with a check accompanying the roster of \$8 per rostered swimmer. Any late additions are to be submitted to the league prior to the athlete competing in their first meet. All swimmers must be rostered with \$8 fee to swim in any league recognized meet. (October 2012) (April 2014)
11. Awards will be given for dual meets and both championship meets. Ribbons shall be given for dual meets and are the responsibility of the host/home team.
12. To compete in the championship weekend, a swimmer must have competed in a minimum of ½ of the **dual** meets to be eligible for the championship weekend. (9-30-01) (9-14-14) (5-7-17)

High School swimmers, 15 and over of nonaffiliated high schools, must compete in 3 meets in order to swim during the Championship Weekend, and must be rostered with the \$8 fee paid. (4-22-01) (4-26-14) (9-14-14) (8-26-18)

13. All dual meets and Invitational meets must have (1) PIAA official that is the referee/starter. Stroke and turn can be FCSL recognized individuals. This official will be paid \$100.00 by the home team. Should there be (2) PIAA officials for the meet, the home team will only pay \$100. The money can be split between the 2 officials. (10-15-19)
14. Four PIAA Officials will be required for the Championship meets and the All Star meet. Each official will be paid \$125.

A “Chief Clerk” will be named at each Championship and All Star meet. This will be a volunteer from the host team and will be responsible for collecting and reporting DQ’s and notifying of coaches. (4-14-13)



15. In the case of a postponement, dual meets must be rescheduled but not necessarily swum before the next regularly scheduled meet. In the case of bad weather, the two competing teams (Coaches and Reps) shall decide on whether the meet will be held. This should be done by 6:00 a.m. to allow time for notification of parents and swimmers. All consideration should be given to the traveling team's situation when any decisions are made. **Both teams will announce the particulars of any delay or postponement by contacting their swimmers and parents.** Delayed meets occurring later in the day will have a mutually agreed upon time for warm-ups and the start of the meet. (9-24-00) (9-15-21)
16. In relays for dual meets, one swimmer of the opposite sex may swim in a relay. This option is limited to dual meets when there are only three swimmers in an entire age group for that meet. In the championship meets, relays shall be same sex relays. (4-15-07)
17. In 8 & Under Relays, the 2nd and 4th swimmer must start in the water.
18. In 8 & Under events, the event must begin at the starting end of the pool.
19. All meets will start at 8:30 a.m. Warm-ups for the home team are at 7:30 a.m., and 8:00 a.m. for the visitors. These times cannot be changed unless prior mutual consent between the two coaches has occurred. Prior is defined as at least seven (7) days before the scheduled meet date. (9-13-15)
20. Fees for all Invitational, Divisional, and All Star meets will be \$5 for adults (13 years & above) which will include admission and a program. Children 12 years of age & under will be admitted free of charge. (9-13-15) Entries for invitationals will be a standard \$5 per swimmer per event. (8-26-18)
21. **Visiting team may agree and are encouraged to submit their meet line-up to the host team prior to arrival at the meet. The host team would then enter both team line-ups into meet manager and combine swimmers in events in order to have a more efficiently run meet. Changes to the line-up may be made until 8:15 AM Saturday morning. (9-15-21)**

Original Document June 9, 1994

Updates:	11-1-94	12-7-94	9-13-95	9-18-96	10-16-96	4-30-98
	9-23-98	4-30-00	9-24-00	4-22-01	9-30-01	4-21-02
	9-22-02	9-21-03	5-15-07	4-5-09	4-11-10	10-1-12
	4-14-13	9-15-13	4-26-14	9-14-14	9-13-15	9-18-16
	9-21-17	8-26-18	9-15-19	9-15-21		