



# GKAISA Coaches Training



## Outline

- ***Rules Governing Meets***
- League Rules
- Technical Rules
- Swim Meet Details
- Worker Requirements
- Questions

GKAISA

## Rules Governing Meets

- No smoking or alcohol in pool area for all GKAIISA meets: Dual, Tri, & Championship
- Proper conduct is expected
  - Referee has responsibility/authority to correct
  - Ejection is a possible solution

## Rules Governing Meets

- Meet schedule change
  - At least 1 week notice must be given
  - Cancelling team forfeits if it can't be rescheduled
- For Darkness, coaches must agree on time to halt meet
- Meet should begin within 30 minutes of scheduled start time

## Rules Governing Meets

### ➤ Interrupted Meet

- Up through event 40, meet should be rescheduled
- After event 40, coaches agreement necessary
  - Reschedule meet
  - Considered a complete meet

### ➤ Rescheduled Meet

- Meet proceeds from last event/heat swum
- Host team provides 3 dates, visiting team forfeits if can't accept dates

## Rules Governing Meets

### ➤ Scheduled or rescheduled meet cannot be swum, neither team is given a win or loss

### ➤ Meet Results can be changed

- Clerical mistakes can be corrected if within 72 hours (3 days)
- Decision of referee is final unless rule misinterpretation
- If teams can't resolve, written protest to GKISA board within 72 hours

## Rules Governing Meets

- Not eligible if been a member of a collegiate swim or dive team
- Must compete in age group (age as of midnight, May 31, 18 or younger)
- Lane assignment
  - Dual meet – Home team has odd lanes
  - Tri meet – determined by draw of coaches
- 10 & under swim 25 yard events, 100 yd IM
- 11-12 swim 50 yard events, 100 yd IM
- 13 & up swim 50 yard events, 200 yd IM

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## League Rules

- League schedules are determined at Scheduling meeting
- Must swim each team in league at least once a season
- Resolving ties in league standings
  - 1<sup>st</sup> - head-to-head competition
  - 2<sup>nd</sup> - results of City Meet
- Teams finishing first move up/teams finishing last move down
- Organizational/League membership realignment is responsibility of Executive Committee

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- **Technical Rules**
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# Technical Rules

- USA Swimming Rules (2009) govern unless noted
- False Starts
  - 1 false start is allowed
  - 2<sup>nd</sup> infraction is disqualification with dual confirmation of Starter & Referee.
- Backstroke
  - Turn is more liberal interpretation than USA rule

# Technical Rules

- Breaststroke
  - **Start** — The forward start shall be used.
  - **Stroke** — After the start and after each turn when the swimmer leaves the wall, 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 last 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 hipline, 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.

# Technical Rules

## ➤ Breaststroke (continued)

- **Kick** — After the start and each turn, a single downward butterfly kick, which must be followed by a breaststroke kick, is permitted during or at the completion of the first arm pull. Following which, all movements of the legs shall be simultaneous and in the same horizontal plane without alternating movement.

The feet must be turned outward 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.

- **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 any part of the last complete or incomplete cycle preceding the touch.

# Technical Rules

## ➤ Butterfly

- **Start** — The forward start shall be used.
- **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 the swimmer 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 body shall be kept on the breast. Both arms must be brought forward over the water and pulled back simultaneously.
- **Kick** — All up and down movements of the legs and feet must be simultaneous. The position of the legs or the 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.
- **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.
- **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.

# Technical Rules

## ➤ Backstroke

- **Start** — The swimmers shall line up in the water facing the starting end, with both hands placed on the gutter or on the starting grips. Standing in or on the gutter, placing the toes above the lip of the gutter, or bending the toes over the lip of the gutter, before or after the start, is prohibited.
- **Stroke** — 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, at the finish, and 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 of the water.
- **Turns** — Upon completion of each length, some part of the swimmer must touch the 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 the vertical toward the breast before the touch is completed provided such rotation is accompanied 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 must have returned to a position on the back upon leaving the wall.
- **Finish** — Upon the finish of the race, the swimmer must touch the wall while on the back.

# Technical Rules

## ➤ Freestyle

- **Start** — The forward start shall be used.
- **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 stroke other than butterfly, breaststroke or backstroke. Some part of 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.
- **Turns** — Upon completion of each length the swimmer must touch the wall.
- **Finish** — The swimmer shall have finished the race when any part of his person touches the wall after completing the prescribed distance.

# Technical Rules

## ➤ Individual Medley – Fly, Back, Breast, Free

- **Start** — The forward start shall be used.
- **Stroke** — The stroke for each one-fourth of the designated distance shall follow the prescribed rules for that stroke.
- **Turns**
  - Intermediate turns within each stroke shall conform to the turn rules for that stroke.
  - 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:
    - **Butterfly to backstroke** — The swimmer must touch as described in butterfly finish. 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.
    - **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 breaststroke form must be attained prior to the first arm stroke.
    - **Breaststroke to freestyle** — The swimmer must touch as described in breaststroke finish. Once a legal touch has been made, the swimmer may turn in any manner.
- **Finish** — The swimmer shall have finished the race when any part of his/her person touches the wall after the prescribed distance.

# Technical Rules

## ➤ Relays

- **Freestyle Relay** — Four swimmers on each team, each to swim one-fourth of the prescribed distance using any desired stroke(s). Freestyle finish rules apply.
- **Medley Relay** — Four swimmers on each team, each to swim one-fourth of the prescribed distance in the following order: first, backstroke; second, breaststroke; third, butterfly; and fourth, freestyle. Rules pertaining to each stroke used shall govern where applicable. At the end of each leg, the finish rule for each stroke applies in each case.

# Technical Rules

## ➤ Relays (continued)

### • Rules Pertaining to Relay Races

- No swimmer shall swim more than one leg in any relay event.
- When automatic relay take-off judging is used, each swimmer must touch the touchplate or pad in his/her lane at the end of the course to have finished his/her leg of the relay race.
- In relay races a swimmer other than the first swimmer shall not start until his/her teammate has concluded his/her leg.
- 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 enters the pool in the area where the race is being conducted before all swimmers of all teams have finished the race. Exception: When an in-the-water start is required or such start is approved by the Referee.
- Each relay team member shall leave the water immediately upon finishing his/her leg, except the last member.
- In relay races the team of a swimmer whose feet have lost touch with the starting platform (ground or deck) before his/her preceding teammate touches the wall shall be disqualified.
- In relay races involving in-the-water starts, the team of a swimmer who has lost touch with the end of the course before his/her preceding teammate touches the wall shall be disqualified, unless the swimmer in default returns to the original starting point at the wall.

# Outline

- Rules Governing Meets
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- **Swim Meet Details**
- Worker Requirements
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# Swim Meet Details

	Dual/Tri Meet	SMI	City Meet
<b>Order of Events</b>	IM	IM	Coed Free Relay
	Freestyle	Freestyle	IM
	Medley Relay	Medley Relay	Freestyle
	Backstroke	Backstroke	Medley Relay
	Breaststroke	Long Freestyle	Backstroke
	Butterfly	Coed Free Relay	Breaststroke
	Freestyle Relay	Breaststroke	Long Freestyle
		Butterfly	Butterfly
		Freestyle Relay	Freestyle Relay
<b>Format</b>	3-5 hours	2 day Timed Finals	3 day Prelim - Final
	Unless rescheduled	11 & ups on Sat.	11 & ups on Fri.
		10 & unders on Sun.	10 & unders on Sat.
			Top 16 Finals on Sun.

# Swim Meet Details

	Dual/Tri Meet	SMI	City Meet
<b>Relays</b>	Age 1 swimmer up	Age 1 swimmer up	Age 1 swimmer up
<b>Entry Limits</b>	4 total events*	4 total events	4 total events
	4 individuals	4 individuals	3 individuals & 1 relay
	3 individuals & 1 relay	3 individuals & 1 relay	2 individuals & 2 relays
	2 individuals & 2 relays	2 individuals & 2 relays	
	Extra events-Exhibition	No extra events	No extra events
<b>Entry Deadlines</b>	None if paper scoring	Elect - ~6 days prior	Elect - ~ 5 days prior
	24 hr if using MM	Fees postmark ~2 wks	Fees meeting ~ 10 day
<b>Scoring</b>	Only 2 from team score	Top 12 places	Top 16 places
	Only 1 relay scores	Top 3 medal	Top 8 medal
	Dual Ind.: 5-3-2-1	4 – 12 receive ribbons	9 – 16 receive ribbons
	Dual Relay: 7-3	Scratch/NS is not a DQ	Scratch/NS is not a DQ
	Tri ind.: 6-4-3-2-1-0		
	Tri Relay: 8-4-0		

\* Exception for League 5 & 6 – 3 individuals & 2 relays or 4 individuals & 1 relay

# Swim Meet Details

	Dual/Tri Meet	SMI	City Meet
<b>Entry Requirements</b>	Signed Release Form	No current USA Swimmers	Participate in 2 GKAIISA Dual or Tri Meets (Smoky counts)
	Signed Medical Form	No USA sanctioned meet since Aug 1 of previous year	Entry times are yards or converted to yards
	Be of proper age	Entry times are yards or converted to yards	Entries submitted electronically via TM
		Entries submitted electronically via TM	Signed roster w/name, age, birthdate, & 2 attended meets
		Payment of Fees	Payment of Fees
<b>Coaches</b>	Check-in w/ Referee	Check-In to Collect Coaches Packet	Check-In to Collect Coaches Packet

# Swim Meet Details

## ➤ Finish Judging for Dual/Tri meets

- 2 independent across-the-board place judges with one overall judge
- All judges determine and record the order of finish for every heat - **INDEPENDENTLY**
- Overall ballot is **ONLY USED** when the 2 across-the-board place judges disagree
  - If any two of the three ballots agree, that is official place for that swimmer
- For place where 3 ballots disagree and no two ballots agree, Referee shall determine the order of finish by evaluating all information including times
- Ties can be called by across-the-board place judges, overall judge, or by the Referee after balloting and evaluation of information

# Swim Meet Details

- Starting Protocol (combination of whistle start and verbal commands)
  - Forward Start Script
    - Referee blows series of short whistles
    - If first heat of new event, announce the event plus the heat number and step the heat up, else announce the heat number and step the heat up
    - Examples
      - "Event 11, Girls 8 & Under, 25 Yard Freestyle, Heat 1, Step Up"
      - "Heat 2, Step Up"
    - Referee blows one long whistle, and signals to starter that the course is clear to proceed
    - Starter reminds the swimmers what they are swimming
      - "25 Yard Freestyle"
    - Starter pauses to let the field settle down
      - "Take Your Mark"
    - Pause for swimmers to become motionless, then activate the Start Signal

# Swim Meet Details

- Starting Protocol (continued)
  - Backward Start Script
    - Referee blows series of short whistles
    - If first heat of new event, announce the event plus the heat number and step the heat up, else announce the heat number and step the heat up
    - Examples
      - "Event 38, Boys 13 & 14, 50 Yard Backstroke, Heat 1, Step In"
      - "Heat 2, Step In"
    - Referee blows one long whistle, and signals to starter that the course is clear to proceed
    - Starter reminds the swimmers what they are swimming
      - "50 Yard Backstroke"
    - Starter pauses to let the field settle down
      - "Take Your Mark"
    - Pause for swimmers to become motionless, then activate the Start Signal
  - REMINDER – Approach only the Referee – They are the only one that can make changes or corrections

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# Worker Requirements

- Dual / Tri meet
  - Home
    - Meet Director, Meet Referee, Starter, Stroke & Turn Judge, Finish Judge, Over Call Judge, Jump Judge, Head Timer, Lane Timers, Card Sorter, Scorer, Runners, Ribbon Writer, Marshals, Concessions
  - Away
    - Stroke & Turn Judge, Finish Judge, Jump Judge, Lane Timers, Scorer, Runners, Ribbon Writer
- SMI & City Meet
  - Specialty Jobs / Certified Officials
  - Any Assigned Jobs by Meet Officials

# Questions

