

NBSL Rules

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2012 Changes in Yellow

I. Dual Meet Procedures

A. Equipment Needed for Dual Meets

1. Electronic Starter or Starter's gun and whistle
2. Minimum of six (6) stop watches for five (5) lane pools, seven (7) for six (6) lane pools provided from each pool.
3. Lineup sheets, event sheets, place judge pads, DQ cards
4. USS Handbook for Swimming Rules and Reference – (Most recent unless otherwise stated in the NBSL Rules.)
5. At least four lane dividers so that the pool can be divided into five equal lanes
6. Backstroke flags as per USS Handbook
7. Starting blocks are recommended
8. NBSL League Rules for the Current Year

B. Minimum Number of Officials Needed for Dual Meets

1. One (1) Referee (can hold other meet position)
2. One (1) Starter
3. Two (2) Stroke and Turn Judges (one from each team)
4. One (1) Head Timer
5. Two (2) Place Judges (one from each team)
6. Timers - two (2) per lane (one from each team)
7. One (1) Announcer
8. Minimum of Two (2) Scorer (one from each team)
9. One (1) Runner
10. Minimum of Two Ribbon Writers (one from each club)

C. Steps in Running a Dual Meet

1. Coaches must submit their completed lineups to the scorers by 5PM with one copy being marked ORIGINAL by the scorer. Changes cannot be made after 5:45 PM. One alternate is permitted per event including relays. Two official relays are allowed per relay event (with one alternate swimmer per relay team). The same alternate may not be assigned to more than 1 relay team per event. The Head Coach or NBSL Representative must notify the scorer of the intent to use an alternate two events prior to the start of the event.
 - a. A roster of all eligible swimmers must be present at each dual meet. The roster must include swimmer name, swimmer gender and age as of June 1st. The roster must be kept by a team representative (i.e. coach, NBSL rep, team parent) and must be presented to the scoring table by 5:45pm on the day of the dual meet. If

a roster cannot be made available at the dual meet, the team may be penalized 7 points. If the roster contains fraudulent information, the team will automatically forfeit the meet and may be imposed additional penalties for the remainder of the year.

2. Names should be copied onto event sheets.
3. Event Sheets are given to the announcer, who announces the swimmers, then turns the card over to the runner who delivers it to the head timer.
4. The Starter gives the swimmers instructions and then the starting signal.
5. Timers start their watches from the flash or smoke of the Starter's gun. Timers stop their watches upon swimmer finishing race and determine the official time by averaging both watches and rounding up to the nearest hundredth/sec.
6. At the finish of the race, the Head Timer records the times obtained from the Lane Timers on the Event Sheet.
7. The Runner then returns the Event Sheet and the Place Judge slips to the Scorer's table.

Note: To save time, the Announcer should announce the next event while the swimmers in the current event are swimming their last lap.

D. Friendly or Practice Meet

1. Each pool may be assigned a meet against another pool in their division or another division as a friendly or practice meet.
2. The friendly or practice meet will not count in the end of the year NBSL standings.
3. Times and records attained at the NBSL sanctioned practice meet can be counted towards NBSL Classic and Invitational and as pool and team records.
4. Team scores will not be announced during, or at the end of the friendly meet unless agreed upon by both pool's NBSL Representatives.
5. The score of the Friendly Meet should NOT be reported to the News Journal.
6. Each pool should follow the rules in their division regarding number of official swims.

II. Duties of Officials

Coaches, Assistant Coaches, Swimmers, etc., of either competing team shall not be eligible for official duties.

- A. Meet Director/Referee.** Shall be supplied by the home pool. The Referee is in charge of the entire meet, over the coaches, officials, spectators and swimmers. In the case of no assigned Referee, the home team NBSL Representative or designee shall be the Referee. The meet Referee must be announced over the loudspeaker before the meet begins.
 1. Insure pool is setup properly. Starting blocks, lane lines, flags, etc.
 2. Determine (and inform) how dual confirmation of relay takeoffs will be determined.
 3. Arrange for qualified officials and assign all officials to their proper positions.
 4. Settle all disputes. The Referee has the discretion to rule on all decisions especially when stroke and turn judges disagree.
 5. Decide on postponements due to any/all circumstances including weather. Upon deciding on canceling or postponing a meet the Referee will determine the time and place to resume the meet. Postponed meets will be resumed at the point where the meet was stopped. The original lineup will be strictly adhered to with no changes to

- the original sheet. Only those listed on the original may swim. This applies to alternates as well. Postponed meets should be resumed the next day when possible. If mutually agreed upon by both club's NBSL representatives and approved by the referee, meets may be rescheduled for a later date. The referee will make the final decision and inform teams, parents, officials, etc over the public address system of the date and time of the rescheduled meet prior to leaving the pool. Both pool NBSL Representatives should keep the official copies of the lineups during the postponement. Please try to wait at least one hour to try to get the meet in before canceling.
6. Ensure lifeguard is in place on lifeguard stand during warm-ups and available during meets. However, it is also recommended that a lifeguard remain on the stand during the dual meet.
 7. Discipline - The referee representing the home pool shall be responsible for the maintenance of proper behavior at all times during the meet. The referee has the authority to:
 - a. Challenge a swimmers eligibility
 - b. Challenge the eligibility of officials
 - c. Overrule any decisions by other officials
 - d. Stop the meet to clear pool deck, scores table, etc,
 - e. Determine unsportsmanlike conduct by any person on the pool grounds and to take appropriate action to insure NBSL code of conduct rules are strictly followed!

B. Starter

1. The starter shall have full control of the swimmers from the time they step up on the blocks until they hit the water.
2. Notify swimmers of distance and type of event.
3. Call the swimmers to the blocks. Using the command "take your mark" and discharging a starting mechanism begin the race.
4. Starter shall determine false starts and shall disqualify swimmer after the second false start.
5. False starts – swimmers will be recalled.
6. Dual confirmation of false starts is not required. The starter will determine if there is a false start.

C. Head Timer

1. Assign and instruct timers
2. Start his watch in case one of lane timers fails to start theirs.
3. Write down official times on time sheet for each lane.

D. Place Judges

1. Position them on the side of the pool at the finish end to adequately see the finish.
2. For Relays, the place judges will determine if a swimmer leaves before the incoming swimmer touches the end of the pool. Both place judges must agree with this infraction to disqualify a relay team. This infraction must be communicated to the Starter and a stroke and turn official immediately after the end of the race.
3. Record race result on place sheet and give to runner/head timer
4. All heats must be place judged.

E. Stroke and Turn Judges

1. Shall have jurisdiction of all swimmers immediately after the starting signal.
2. Signal all disqualifications by raising hand and recording infractions on the proper DQ form and handing it off to the runner/Head Timer. The stroke and turn judge is responsible for making sure the DQ form is handed to the scorers as close to the end of the race as possible.
3. Stroke judges shall determine the legality of each swimmers stroke, turn and finish as per most recent USS Swim Rule Book and NBSL modifications.
4. Inform the coach (and/or swimmer when possible) of the nature of each infraction.
5. Stroke and Turn judges must have a clear view of the entire pool, and walk the length of the pool to stay in proper position.
6. Stroke and turn judges usually act as relay takeoff judges at the non-finish end of the pool to determine the legality of takeoffs. Departing swimmers must remain in contact with the starting platform until the incoming swimmer touches the finish end of the wall. They must disqualify any relay if a swimmer leaves early. Early takeoffs must be dual confirmed in order for the infraction to disqualify the relay team (both place judges must agree) Record which lane has the infraction and which swimmer on the place judge form at the time of the infraction. After the race is finished, consult the other place judge to see if they agree. If they agree signal the disqualification by raising a hand. If both place judges do not agree, there will be no recorded infraction. This infraction is then communicated to the Starter and a stroke and turn official immediately. The stroke and turn official will then complete a DQ form and hand it to the runner.
7. Stroke and Turn Judges should wear white shirts as to be more easily identified by each team.
8. If there are other officials in training these officials may not make a separate call, nor may the two officials watch separate lanes, they must act as one official.

F. Timer

1. 2 timers for each lane, one from each club.
2. Timers should stand at the finish end of the assigned lane to best see the finish.
3. Timers should start their watch at the starters signal. Advise head timer if watch malfunctions.
4. Swimmers complete their race when any part of their body contacts the end wall.
5. After determining the official time, by averaging the 2 watches and rounding up to the nearest hundredth, it is given to the Head Timer to record on time card. This applies to all heats, official and unofficial.
6. Watches should be cleared when the starter calls the next heat to the blocks.
7. A parent should step away or switch lanes (i.e. move from lane 4 to lane 5) when their child is swimming. Parent should not time their child.

G. Announcer

1. Before the start of each event, the announcer shall announce the event, lane, and name of swimmer and club affiliation of each competitor.
2. At appropriate intervals, he shall announce the running score. He may make any other announcements as requested by the Meet Director or the Pool Management.

H. Scorers

1. The Scorers (one from each pool) shall:
 - a. Keep the meet moving by having Event Sheets prepared in advance.
 - b. Record the order of finish. If Place judges disagree, go to times. Bring any questions immediately to the Referee's attention.
 - c. Record finish time for all swimmers and place for each official swimmer in each heat.
 - d. Record point scores after each event in a cumulative order so that the final score will be immediately available at the end of the meet. Individual events score 5 points for first, 3 for second and 1 for third. Relays score 5 for first and 2 for second. One team may take the points for both first and second place in both individual and relay events. If a team has three swimmers (or relay teams) in a race they may only take points for first and second place, since there are only 2 official entries per team per event.
 - e. Record all disqualifications. Scorers are not to reject or throw out any disqualifications without approval of the Referee.
 - f. Record Pool and Team records.
 - g. Give finished event sheets to Ribbon Writers.
 - h. The **Home Team** shall be responsible for delivering the Meet Summaries to the News Journal. Please provide first initial and last name on all entries. Meet Results should also be emailed to the NBSL to be published on the website within 3 days of the completed meet.
 - i. Team scores may be announced at each stroke change, or at the bottom of the official lineup page, as agreed upon by the two pool's NBSL Representatives. In the case of one team winning by a large margin, the actual score does not need to be read, simply which team won.
 - j. Team scores will not be announced during, or at the end of the friendly meet unless agreed upon by both pool's NBSL Representatives.
 - k. The only people who are allowed to approach the scorer's table are the NBSL Representatives, coaches, and officials.

III. Rules for Swimming the Strokes (USS)

Please refer to latest [USS Handbook for Swimming](#), available @ [USA-Swimming.org](#).

IV. League Rules

1. USS rules apply to all situations not specifically addressed by the NBSL.
2. No altering order of events.
3. Ages are as of June 1. If birthday is June 1, you move up.
4. Swimmer may enter in 2 official individual events and 1 official freestyle relay and 1 official medley relay. In the Blue division 3 individual events are permitted. Opposing coach may elect the event to disqualify violator(s).
5. Two official entries per event are permitted including relays.
6. Unofficial heats may be conducted at the discretion of the referee.
7. A swimmer may not swim the same event in two different age groups.
8. The first heat is always the official heat.
9. Teams will alternate lanes. The home team gets odd numbered lanes, visiting team even lanes. Before the start of the meet the referee determines the unofficial lane(s).

10. Entries that have been submitted (by 5:45 pm) must include the first initial and last name. (In cases where more than one swimmer has the same initial the full name is required). Entries must be completed in duplicate on NBSL forms with one set marked by the scorer as ORIGINAL. No changes are permitted after entries have been turned in. Coaches may list one alternate per event that counts against the legal number of official entries permitted per person. The coach must inform the scorer 2 events prior to the start of that event if an alternate will be used, after which no changes are permitted. Relay entries are subject to the same rules as individual events. Failure to comply with any of these rules will result in a disqualification of that entry.
11. Entry sheets not turned by 5:45 pm should result in a 7-point penalty.
12. Every NBSL swim meet must be held unless approved by the President.

13. In the event of a cancellation or postponement only swimmers listed on the ORIGINAL sheet are allowed to swim. This includes alternates.
14. Supplemental rules governing 6 and under: **(In Dual Meets Only)**
 - a. In **breaststroke** and **butterfly**, swimmers who do not touch with simultaneous two hand touches should not be disqualified. However the finish of the race should not be determined for that swimmer until the second hand touches the wall.
 - b. In the **butterfly** an effort to recover both arms over the water should be in evidence.
 - c. Judges should still inform swimmers and coaches of the "infraction".
 - d. In backstroke, catching of heads is permitted. No swimmer may be helped, by any other person, to gain an unfair advantage.
15. The home team shall provide adequate ribbons for all individual swimmers in every heat, every individual event (except 15 and overs). Ribbons designating first, second, third, fourth place are given to the winners of those places and participant or placement ribbons may be given to all others places. First and second place ribbons are required for relays (except 15 and overs). The ribbons should be completed at the meet.
16. The referee should settle all disputes. The NBSL may convene to the Exec Rules Committee to arbitrate disputes. Disputes should be submitted in writing.
17. Head to head competition will be the tie breaking mechanism to determine which team moves up/down. When ties involve more than 2 teams, scored points will be the mechanism to break the tie.
18. The throwing of any person into the pool is prohibited and will result in disqualification of individuals or teams that violate this safety rule.
19. Smoking, alcoholic beverages, cursing, and disorderly conduct are prohibited on the deck at all NBSL Swim meets. Persons violating these rules may be banned from all NBSL events at the discretion of the NBSL Board. Infractions must be reported to the NBSL board within 24 hours after the completion of the meet.
20. Under the NBSL courtesy policy members of a club hosting an NBSL event are permitted to use the visiting pool during the event. It is the responsibility of the NBSL representative to make their club, board and all employees aware of this policy.
21. The starting/diving policies of each club will be presented at the coaches meeting every year. The NBSL looks to the rules and regulations as provided by USS Swimming, which requires a minimum diving depth of 4 feet, but each club

- determines their policy based on their individual pool circumstances. Please refer the NBSL pool depth addendum, which provides the specific policy for each club.
22. The home team will have the first warm-up. The away team will have the 2nd warm-up (before a dual meet).
 23. In the event of inclement weather, the Meet Referee with the NBSL reps from each team; and not the coach, will make the final decision if and when the meet will be rescheduled. Teams should wait at least one hour before postponing a dual meet. If the meet needs to be rescheduled it should be swum the next evening or as soon as possible if there is a scheduled event already for the pool. If the meet needs to be rescheduled and the NBSL reps cannot agree then the meet will be swum the next night.
 24. A parent should step away or switch lanes (i.e. move from lane 4 to lane 5) when their child is swimming. Parents should not time their child.
 25. An individual cannot get in the pool and assist a swimmer down the lane during an NBSL sanctioned swim meet.
 26. A representative from each pool is required to attend all NBSL meetings. A letter of warning will be sent to the President of the Board of the offending pool after the second meeting at which a pool fails to have representation. The league fee will double for the offending pool after the third meeting in any one season (September-August) at which a pool fails to have representation.
 27. If during the duration of the team assignment at the NBSL Classic and Invitational meets, a pool does not have adequate personnel to cover their assigned duty, swimmers from that pool will no be permitted to participate in the meet until the team's assignment is covered. see current years NBSL Classic and Individual Club Responsibilities.
 28. In the event that an NBSL participating club repeatedly violates NBSL rules, the league may vote to suspend that club from the league.
 29. Blatant disregard of any of the above rules could result in additional penalties imposed against the offending club at the discretion of the NBSL board. Penalties could include, but are not limited to: deduction of points from the final score, monetary fines, or forfeiture of the meet depending on the type of infraction.

V. Eligibility

The NBSL seeks to provide a fun, family, competitive environment for young swimmers on our member teams. It is expected that each swimmer be a bona fide member of their team.

Recognizing that each club has different requirements for membership and may have different categories of membership within its club, the NBSL will rely on teams to fairly determine eligibility of their swimmers. Please see the full eligibility rules on the NBSL website.

1. A swimmer may only represent one summer recreational club during any season.
2. For NBSL competitions, employees are not eligible to swim for that team unless they were a bona fide member during the previous season.
3. An employee of one club may swim for another club provided they meet all eligibility requirements.

4. Swimmers must compete in at least two dual meets to be eligible to compete in the NBSL Classic or Invitational.
5. All teams must have swimmer eligibility forms submitted to the President of the NBSL Board prior to the first meet of the season. If a team has not turned in a majority of their forms prior to a meet, that team will have 25 points deducted from their final score in that meet. ALL forms must be at the Scorer's Table on the day of the meet, and submitted to the NBSL President within 3 days. A swimmer without a form will be considered ineligible.
6. If an individual swimmer's eligibility or age group is questioned/challenged, the NBSL representative from the challenging pool will notify both the NBSL representative from the pool with the swimmer in question, and the NBSL board asking for documentation supporting that swimmer's eligibility and/or age. The documentation must be provided within 7 days. If the documentation is not provided, or is not satisfactory to the board, the swimmer in question will be disqualified from all events in which they participated, including relays, and the meet will be rescored. In addition, 25 points will be deducted from the offending team's final score.
7. Please see complete eligibility rules as revised for the current swim season.

**** In extraordinary cases, exceptions to these rules may be requested by appealing, in writing, to the Executive Board of the NBSL prior to the start of the dual meet season.

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