

# **ECSL 2010**

## **East Cooper Swim League Policy and Regulation Manual**

### **Teams**

Creekside  
Hamlin Plantation  
Hobcaw Creek Plantation  
Rivertowne  
Park West  
Wild Dunes  
Mt. Pleasant Rec.

### **Purpose**

Promote the sport of summer swimming to children of East Cooper  
in a fun and competitive manner

## **ECSL Board:**

One representative from each team will make up ECSL's governing board

**Ed Cutright (Parkwest)**

**Jane McDavid (Hamlin)**

**Kelly Scharling (Rivertowne)**

**Sheryl Snell (Hobcaw)**

**Lisa Wong (Creekside)**

**Laurin Graham (Wild Dunes)**

**Liz Campbell (Mt. Pleasant)**

**Adding additional teams to ECSL:** Additional teams will be admitted based on a majority vote of the governing board.

## **Team Information:**

**Creekside Crocodiles - 25 Yard Pool/ 6 lanes**

Lisa Wong - 849-2251                      lhpreis@earthlink.net

**Hamlin Plantation Hammerheads- 25 Meter Pool/ 7 lanes**

Jane McDavid - 881-2927    [pbandjam@bellsouth.net](mailto:pbandjam@bellsouth.net)

**Hobcaw Creek Plantation Dolphins -25 Yard Pool/ 5 lanes**

Sheryl Schnell - 849-8470 or 367-0157    [sherylwshnell@yahoo.com](mailto:sherylwshnell@yahoo.com)

**Mount Pleasant Rec - 25 Yard Pool/ 6 lanes (no diving in shallow side)**

Tina Klein -327-8652                      [javaap.klein@gmail.com](mailto:javaap.klein@gmail.com)

**Park West Pirates - 25 Meter Pool/ 6 lanes**

Ed Cutright - 388-9773 or 214-0861 (Ed cell)    [edna.cutright@comcast.net](mailto:edna.cutright@comcast.net)

**Rivertowne Sting Rays - 25 Meter Pool/ 5 lanes**

Kelly Scharling - 971-2883 or 425-9364 (cell)    [kellyscharling@yahoo.com](mailto:kellyscharling@yahoo.com)

**Wild Dunes - Home meets hosted at one of the other teams pool**

Laurin Graham - 296-2757    [Graham@Coastalpediatricassociates.com](mailto:Graham@Coastalpediatricassociates.com)

## ECSL Events

1. 6 & under Girls Free Relay
2. 6 & under Boys Free Relay
3. 7-8 Girls Free Relay
4. 7-8 Boys Free Relay
5. 9-10 Girls Free Relay
6. 9-10 Boys Free Relay
7. 11-12 Girls Free Relay
8. 11-12 Boys Free Relay
9. 13-14 Girls Free Relay
10. 13-14 Boys Free Relay
11. 15-18 Girls Free Relay
12. 15-18 Boys Free Relay
13. 6 & under Girls 25 Free
14. 6 & under Boys 25 Free
15. 7-8 Girls 25 Free
16. 7-8 Boys 25 Free
17. 9-10 Girls 50 Free
18. 9-10 Boys 50 Free
19. 11-12 Girls 50 Free
20. 11-12 Boys 50 Free
21. 13-14 Girls 50 Free
22. 13-14 Boys 50 Free
23. 15-18 Girls 50 Free
24. 15-18 Boys 50 Free
25. 7-8 Girls 25 Breast
26. 7-8 Boys 25 Breast
27. 9-10 Girls 50 Breast
28. 9-10 Boys 50 Breast
29. 11-12 Girls 50 Breast
30. 11-12 Boys 50 Breast
31. 13-14 Girls 50 Breast
32. 13-14 Boys 50 Breast
33. 15-18 Girls 50 Breast
34. 15-18 Boys 50 Breast
35. 6 & under Girls 25 Back
36. 6 & under Boys 25 Back
37. 7-8 Girls 25 Back
38. 7-8 Boys 25 Back
39. 9-10 Girls 50 Back
40. 9-10 Boys 50 Back
41. 11-12 Girls 50 Back
42. 11-12 Boys 50 Back
43. 13-14 Girls 50 Back
44. 13-14 Boys 50 Back
45. 15-18 Girls 50 Back
46. 15-18 Boys 50 Back
47. 7-8 Girls 25 Fly
48. 7-8 Boys 25 Fly
49. 9-10 Girls 50 Fly
50. 9-10 Boys 50 Fly
51. 11-12 Girls 50 Fly
52. 11-12 Boys 50 Fly
53. 13-14 Girls 50 Fly
54. 13-14 Boys 50 Fly
55. 15-18 Girls 50 Fly
56. 15-18 Boys 50 Fly
57. 9-10 Girls 100 IM
58. 9-10 Boys 100 IM
59. 11-12 Girls 100 IM
60. 11-12 Boys 100 IM
61. 13-14 Girls 100 IM
62. 13-14 Boys 100 IM
63. 15-18 Girls 100 IM
64. 15-18 Boys 100 IM
65. 7-8 Mixed Medley Relay
66. 9-10 Mixed Medley Relay
67. 11-12 Mixed Medley Relay
68. 13-14 Mixed Medley Relay
69. 15-18 Mixed Medley Relay

## Scoring and Awards

Six and under will not be disqualified (DQ'd) nor will they be scored. For all other age groups, individual events are scored 1<sup>st</sup> thru 4<sup>th</sup> while relays are 1<sup>st</sup> thru 3<sup>rd</sup> place as follows:

### *Individual events*

1. 6 pts. for first place
2. 4 pts. for second place
3. 2 pts. for third place
4. 1 pt. for fourth place

## Relay

1. 6 pts. for first place
2. 4 pts for second place
3. 1 pt for third place

Scoring cont.....

- \* In the case of a tie then each child gets a ribbon and we split the points
- \* The league will order ribbons before the season and divide the cost amongst the teams. This ensures the best price and consistency of awards.
- \* First thru sixth place ribbons are awarded for individual events.
- \* First thru third place ribbons are awarded for relays.
- \* 12 and under will be given heat winner ribbons awarded on the spot at the meet.
- \* Participation ribbons for your team are considered an individual team choice. If awarding participation ribbons, you will need to make arrangements to get the ribbons yourself or let the person ordering ribbons for the league know how many you want when we do the big order before the season begins.

## Ribbon Count per Meet

### Ribbon Count

Place	Medley	Freestyle *	Backstroke *	Breaststroke	Butterfly	IM	Freestyle Relay	Totals
1st	20	12	12	10	10	8	48	120
2nd	20	12	12	10	10	8	48	120
3rd	20	12	12	10	10	8	48	120
4th		12	12	10	10	8		52
5th		12	12	10	10	8		52
6th		12	12	10	10	8		<u>52</u>
<b>Total Count per Meet</b>								<b>516</b>

\*Count higher since 5 & 6 year olds gets ribbons in these two events

### Relay Number

Medley Relays - 4 age groups, combined boys and girls, 4 per relay for 16 ribbons each place  
Freestyle Relay - 5 age groups, boys and girls category, 4 per relay for 40 ribbons each place

**Please Add 128 heat winner ribbons per home meet. (To be given out to 12 and under)**  
32 individual events for 12 and under swimmers times about 4 heats per event would equal about **128 participation ribbons per home meet.**

## Rules and regulations

### Swimmers

1. All swimmers must be registered with an ECSL team to compete and can only compete on one summer league team. Team swimmer eligibility is determined by the individual neighborhood's HOA/Club policy and may vary team to team.
2. The age group cut off date is June 1 of the current year (the age of your child as of June 1 is the age group your child will swim with for the summer.) The age of eligible swimmers for ECSL is 5-18 years of age.
3. Each swimmer may swim a max of 4 individual and 2 relays. The exception is if you have only one swimmer in any particular age group. If so, they may swim all events.
4. Each swimmer must swim only in their age group for individual events. They may swim up **one age group in a relay** if they have not already competed in that relay. The only exception is if you choose to swim a 6 and under in an individual 7/8 breast or fly event or part of a 7/8 relay then the individual will be considered a 7/8 and be DQ'd and scored accordingly.
5. Mixed medley relay will consist of 2 males and 2 females. There will be no exceptions

### Meet rules

1. **Home team provides:** 1 timer per lane with stopwatches, 1 starter, 1 stroke and turn judge, 1 runner, 3 score table workers, 3 clerk of course workers, bull pen/coordinator workers (*per age group for both girl & boy*), 1 heat ribbon distributor, concession stand, heat sheet and relay cards for clerk of course and timing/event sheets for each swimming lane, all place ribbons and heat ribbons.
2. **Visiting team provides:** 1 Meet Referee, 1 timer for each lane and stopwatches, 2 score table workers, bull pen/coordinator workers (*per age group for both girl & boy*), 1-2 clerk of course helpers, 2 heat sheets for clerk of course, relay cards for clerk of course, time/event sheets for each lane.
3. **Timers will stand at all times and refrain from cell phone usage while timing.** Timers will time all events despite whether there is a swimmer in their lane. Stand ready to chose another lane and time that one in case of any malfunctions.
4. **Stroke judges must attend a training session prior to judging a meet.** Shadowing a qualified judge is encouraged.
5. **For inclement weather,** meets will continue at the discretion of lifeguards or in the event there is no lifeguard, at the discretion of the coaches and meet referee. A meet is considered complete after event 56 or during bad weather after event 38.
6. **Called meets** may be completed the following Monday or at a mutually agreed upon day and time.

## Meet Procedure

30-minute warm-ups per team max. The warm up time can be adjusted upon team agreement. Away team has second warm-up unless a change is agreed upon from both teams' coaches

20 min. prior to the start of the meet, the meet referee will call a meeting with coaches, timers, judges and the starter. Coaches will be asked if there are any changes to their meet entries, all changes must be submitted no later than 15 min. before the meet is set to begin. The meet referee will instruct the timers, the starter and confer with the stroke and turn judge(s) on how jurisdiction of the pool will be divided.

Coordinators/Herders/bull pen leaders should have all swimmers of event 1 and 2 report to the clerk of course **10 min.** prior to start of meet.

Clerk of course will start placing swimmers of events 1 (in advance) at the proper ends of the pool and in proper order so that the meet can begin at 6:00pm. Simultaneously, there should also be additional clerk of course workers organizing the heats and lane assignments for the following events. Clerk of course must notify the starter when event 1 is ready to begin.

Clerk of course workers (home team) will disperse swimmers to appropriate lanes throughout the entire meet. This is not the job of the coordinators/bullpen/herders. The Home team is responsible for having enough workers in the clerk of course to run the meet for the guests.

Clerk of course may combine events when applicable and must notify starter in advance.

Starter will announce each event and heat. Call swimmers to: "Step Up", "Take your Mark" and signal the start with a whistle or horn. For Backstroke and Medley relay, calls shall be: "Swimmers in the Water", "Place your Feet", "Take your Mark", followed by whistle or horn.

Starter is responsible for any false starts.

Timers must have event number AND heat number on all time sheets regardless if they have someone swimming in their lane. Timers will get the swimmer's name and will record 2 times by that swimmer's name. ***(Parents may want to write the swimmers name on the back between shoulder blades with a sharpie to help timers)*** If there is a missed time or a large difference then timer signals the starter and meet referee for resolution.

When timing sheet is complete for the event (i.e. 7/8 girls breast stroke), timers will hold up sheets for runner to retrieve. ***Please turn in all time sheets even if yours is blank.*** (Score table will recycle). At this same time, stroke judges will hold up DQ or warning cards that will go with the time sheets. DQ cards **MUST** have the event and heat and Lane number on the card.

Runner will retrieve all time sheets and DQ cards for each individual event and turn these into score table together.

Score table will use the time sheets to average times highlighting place finishes (1-6). Record numerical team scores. They then pass the time sheets with place winners to the ribbon writers. Ribbon writers fill out the ribbons and place ribbons in appropriate team boxes. *(You may want to use blue highlighter for 1<sup>st</sup>, pink for 2<sup>nd</sup>, orange for 3<sup>rd</sup> and yellow for 4<sup>th</sup> to avoid confusion)*

## Forms:

**Heat sheets:** 2 for the clerk of course, 10 for bullpen coordinators, and 1 for score table, and however many for your coaches

**Relay cards for free and mixed medley relays** (1 card for each relay team with relay name, event number, age group and swimmer names (in order). Don't forget to put your team name or color on relay card

**Timing/Event sheets:** 6 copies (One for each lane) per boy/girl event (girl and boy event on same page) plus clipboards.

**Event number list:** One for each timer, one for starter, 2 for stroke and turn judges.

**Scoring Form:** One for each team at the score table

## Stroke and Turn rules:

Meets will be judged by a minimum of two qualified Stroke and Turn Judges (one from each team). Judges should meet before the competition begins to decide how best to position themselves and divide the pool, such that each judge understands the lanes or portion of the pool that they will be responsible for and that these areas of responsibility do not overlap. If required, an additional qualified judge or judges may be used, at the discretion of the Meet Referee.

Judging will be to the current USA Swimming rules, which can be found at:

<http://www.usaswimming.org>

The only major exception to the rules of USA Swimming shall be the backstroke turn, where "continuous" will not be enforced, i.e.; The swimmer may roll to the breast at any time after passing the backstroke flags, after which a single, or a simultaneous double, arm-pull is allowed. The swimmer shall be allowed to "kick to the wall", so long as additional arm-pulls while on the breast are not employed.

In all cases, judges should give the benefit of the doubt to the swimmer and should be careful to insure that all lanes receive equal scrutiny. As a summer swim league, the goal of stroke judging in ECSL is to keep the meet fair, not to produce DQs. DQs should be called for infractions that are consistent (and need to be corrected to swim the stroke properly) or that give the swimmer an unfair advantage.

In the event of a disqualification, the judge should raise his/her arm above their head to indicate that a DQ has occurred, then record the infraction, lane, event and heat numbers on a DQ card. DQ cards will be collected at the end of each event (after both girls and boys of the age group have finished).

## Championship Meet Rules and Regulations

Each swimmer can swim a max of 3 individual events and 2 relays.

Each team will have only 2 relay team entries per relay event. Only one relay will score.

Each team will have only 4 entries for each individual event.

There will be no 6 and under events.

All USA Swimming rules apply with the exception of the backstroke turn rule which shall be relaxed as noted above.

### ECSL Championship Events

1. 7-8 Girls Free Relay
2. 7-8 Boys Free Relay
3. 9-10 Girls Free Relay
4. 9-10 Boys Free Relay
5. 11-12 Girls Free Relay
6. 11-12 Boys Free Relay
7. 13-14 Girls Free Relay
8. 13-14 Boys Free Relay
9. 15-18 Girls Free Relay
10. 15-18 Boys Free Relay
11. 7-8 Girls 25 Free
12. 7-8 Boys 25 Free
13. 9-10 Girls 50 Free
14. 9-10 Boys 50 Free
15. 11-12 Girls 50 Free
16. 11-12 Boys 50 Free
17. 13-14 Girls 50 Free
18. 13-14 Boys 50 Free
19. 15-18 Girls 50 Free
20. 15-18 Boys 50 Free
21. 7-8 Girls 25 Breast
22. 7-8 Boys 25 Breast
23. 9-10 Girls 50 Breast
24. 9-10 Boys 50 Breast
25. 11-12 Girls 50 Breast
26. 11-12 Boys 50 Breast
27. 13-14 Girls 50 Breast
28. 13-14 Boys 50 Breast
29. 15-18 Girls 50 Breast
30. 15-18 Boys 50 Breast
31. 7-8 Girls 25 Back
32. 7-8 Boys 25 Back
33. 9-10 Girls 50 Back
34. 9-10 Boys 50 Back
35. 11-12 Girls 50 Back
36. 11-12 Boys 50 Back
37. 13-14 Girls 50 Back
38. 13-14 Boys 50 Back
39. 15-18 Girls 50 Back
40. 15-18 Boys 50 Back
41. 7-8 Girls 25 Fly
42. 7-8 Boys 25 Fly
43. 9-10 Girls 50 Fly
44. 9-10 Boys 50 Fly
45. 11-12 Girls 50 Fly
46. 11-12 Boys 50 Fly
47. 13-14 Girls 50 Fly
48. 13-14 Boys 50 Fly
49. 15-18 Girls 50 Fly
50. 15-18 Boys 50 Fly
51. 9-10 Girls 100 IM
52. 9-10 Boys 100 IM
53. 11-12 Girls 100 IM
54. 11-12 Boys 100 IM
55. 13-14 Girls 100 IM
56. 13-14 Boys 100 IM
57. 15-18 Girls 100 IM
58. 15-18 Boys 100 IM
59. 7-8 Mixed Medley Relay
60. 9-10 Mixed Medley Relay
61. 11-12 Mixed Medley Relay
62. 13-14 Mixed Medley Relay
63. 15-18 Mixed Medley Relay

**Scoring** Individual events score up to 8<sup>th</sup> place as follows:

1<sup>st</sup>= 9pts.

5<sup>th</sup>=4pts.

2<sup>nd</sup>=7pts.

6<sup>th</sup>=3pts.

3<sup>rd</sup>=6pts.

7<sup>th</sup>=2pts.

4<sup>th</sup>=5pts.

8<sup>th</sup>=1

Relay events score up to 6<sup>th</sup> place as follows:

1<sup>st</sup>=18pts.

4<sup>th</sup>=10pts

2<sup>nd</sup>=14pts.

5<sup>th</sup>=8pts.

3<sup>rd</sup>=12pts.

6<sup>th</sup>=6pts.

**Ribbons:** this is the total number of ribbons needed for championships based on 69 events. Ribbons have to be ordered in 50's so round up when ordering.

1<sup>st</sup> place: need 108

5<sup>th</sup> place: need 108

2<sup>nd</sup> place: need 108

6<sup>th</sup> place: need 108

3<sup>rd</sup> place: need 108

7<sup>th</sup> place: need 48

4<sup>th</sup> place: need 108

8<sup>th</sup> place: need 48

**Each team provides the following for the duration of the Championship meet:**

2 timers, 1 stroke and turn judge, 1 ribbon table worker, 1 clerk of course worker,

2 concession workers for an amount of hours (shift times TBD), 1 set-up/clean-up person.

**Between the ECSL teams the following jobs need to be distributed:**

Starter, Head timer, Concession Leaders, Ribbon Order person, Media coverage