

The Mountain Swim League Rules

Overall League Rules Pertaining to both Dual Meets & League Championships

1. All rules shall be in accordance with the current USA Swimming Technical rules (blue pages) except those specified herein. Rules effective June 1st of each year.
2. Official League Teams are Altoona, Bellefonte, Dubois, Clearfield Community Pool, Huntingdon Community Center, Menoher Swim Team, Ridgway, Sunnehanna Country Club, Tyrone & Young Peoples Community Center.
3. The league reserves the right to restrict teams, individual members of teams, and coaches in the league when it is felt that their competing is against what is considered the "good of the league". Membership in the league means that the teams, swimmer's parents, etc. must accept league decisions to be eligible for competing.
4. League officers will be president, treasurer, and secretary. They are to be elected every two years, on an alphabetical rotation at the postseason meeting by a majority vote of those teams present. The date, time and place of each spring meeting will be determined at the previous season's postseason meeting. The date, time, and place of each postseason meeting will be determined at the spring meeting of that season. The meetings will be held at a location chosen by the President.
5. Each team will send a \$100.00 registration fee to the League Treasurer no later than the first scheduled meet of the season.
6. It is mandatory to offer all events in each age group as specified on the attached "Order of Events" sheet at both dual meets and end of season league championships.
7. Swimmers must swim in the age group determined by their age on June 1st. No swimmer may move up an age group during the season. Except a swimmer may move up one age group in order to fill a relay without swimming "up" for individual events. This is in effect for both dual meets and league championships.
8. A team member may be anyone who meets all other eligibility requirements and who is a member of the team entered in the league. No swimmer may be on more than one team in this league during the season unless the family moved from one area to another and takes a membership to the team in the new area.
9. No method or device may be used to circumvent the eligibility of a swimmer consistent with the team and league membership rules. Eligibility questions must be immediately referred to the league chairman for immediate decision of league officers.
10. Visitors to an area must be a team member with a permanent summer residence. Residence must be documented by team representatives and sent to league chairman.
11. A 1-hour time limit shall be in effect due to inclement weather. (i.e the meet may be called by mutual consent after a one hour delay due to rain.)
12. Any swimmer not reporting for or competing in an event shall not be penalized except for having the event counted in the swimmer's number of events.

13. The two false start rule applies to 10 & under swimmers throughout the season.
14. All teams must abide by the five (5) foot diving depth rule at all league meets where a YMCA team is present and competing.

League Rules for Seasonal Dual Meets

1. A swimmer is allowed to swim up to four individual events and two relays for a total of six events per seasonal dual meet.
2. The home team will supply the meet referee and each team should supply half of the officials. The referee can double as the starter.
3. Age Groups are: 8 & under, 9 &10, 11&12, 13 -18. Eighteen-year-olds are eligible only after their final summer after graduation from high school. Age is determined by age of swimmer on June 1st.
4. Entries should be submitted to the host team (electronic format preferred) no later than 24 hours prior to the start of the meet. Scratches or changes should be turned in to the administrative table no later than 30 minutes prior to the meet starting time by the coach or designated official.
5. Relays in league meets are to be open. They can be filled with all girls, all boys, or co-ed.
6. Swimmers may swim only one medley and/or one free relay.
7. Swimmers may swim exhibition only with permission of all coaches at the meet.
8. **Heat ribbons will be awarded to all winners of all heats in all individual events. NO heat ribbons will be given for ANY relays.**