

NORTHERN KENTUCKY SWIM LEAGUE

Rules and Regulations

SECTION I

General Rules

Rule 1: Scheduling

The league shall publish a schedule to include the Championship Meet, for the next year of competition as soon as administratively possible after the close of the season.

No League competition shall be held on Memorial Day, Fourth of July, or Labor Day. Meets shall be held on Tuesday (diving) and Thursday (swimming).

The dates of the League Championship and All-Star Meet shall be set by the Board of Delegates.

Rule 2: Division and Scoring

Divisions and Scoring

The League shall be divided into an A & B Division based on the vote of the NKSL Delegates. Scoring shall be calculated as follows:

- a. Division A teams shall carry a point value of 25 for the winner and 15 for the loser.
- b. Division B team shall carry a point value of 10 for the winner and 5 for the loser.

Examples:

**Division A team beating Division B team*

Team A - 10 points Team B - 15 points

**Division A team loses to Division B team*

Team A - 5 points Team B - 25 points

**Division A team beating a Division A team*

Team A (winning) - 25 points Team A (losing) - 15 points

**Division B team beating a Division B team*

Team B (winning) - 10 points Team B (losing) - 5 points

- c. League standing will be compiled by the President listing won/lost records and point totals. Division champions shall be determined by highest point totals as of the end of the dual meet season. Results of the Championship Meet shall not be applicable to league standings. At the end of the regular season following the Championship meets, the winner of Division B will move into Division A and the sixth place Division A team will move into Division B.
- d. A permanent plaque shall be awarded to the first place team in each division based on highest point totals.

Rule 3 Interruption of Dual Meet (revised January 2009)

An interrupted dual meet should resume, if possible, with the event that was in progress at the point of interruption. **If delays or interruptions exceed more than 90 minutes cumulative, the meet shall be canceled and rescheduled, if possible, based on the considerations in the paragraphs below.**

Any meet canceled for any reason must be completed by the next week (Tuesday diving and Thursday swimming). 24 hour notice must be given to the visiting club, unless the first Friday following the canceled meet is agreed upon by both teams. A host team representative (coach and/or delegate) must notify the visiting club of such rescheduling. If the visiting club cannot comply with such rescheduled date the host club shall be declared the winner of the meet by forfeit.

The NKSL suggest that postponed dive meets be rescheduled for Wednesday nights and postponed swim meets be rescheduled for Monday nights. This preference should be discussed with pool management at the beginning of the season, however, a meet may be reschedule on other days as long as the provisions set forth are followed.

As an alternative to rescheduling and completing a canceled meet, the head coaches **and the delegates** can get together **in a private meeting** as soon as the decision to cancel has been made and decide if one coach is willing to concede victory to the other team. If agreement can be reached on a concession, then the canceled meet should not be rescheduled and the results of the meet will stand per the concession agreement. If no agreement can be reached on concession, such canceled meet shall be rescheduled based on the guidelines set forth in the preceding paragraph.

Under no circumstances shall a dual meet continue past 11 p.m. (the current stroke may be completed if started before 11). The remaining part of meet may be rescheduled following procedures above. However, if the fly events have been completed the meet will be considered complete and the score shall be final with no rescheduling.

Rule 4 Postponement of Dual Meet

The meet director or referee shall make the decision for postponement of a dual meet. Ultimately the decision to swim or not is up to the pool manager.

Rule 5 NKSL Team Membership (revised February 2009)

A team member shall be a bona-fide member in good standing in the member club for whom he/she completes. A swimmer or diver competing for an NKSL club must be an immediate family member of a bona-fide member of the club. **A bona-fide member is defined as a member of the club who meets the criteria for membership of that particular club, and who has paid the full team fee required to participate on the swim team. Any team using an illegal swimmer/diver, intentionally or unintentionally, will forfeit all points scored by the illegal swimmer/diver, including relay points.**

An athlete shall not be permitted to change teams after league competition has started unless approved in advance by the Rule Committee.

By the end of the second week of competition, each team delegate shall submit a written statement to the NKSL president that they have audited their roster of swimmers/divers and to the best of their knowledge the intent of the rule is being followed.

NKSL team delegates, coaches and parents shall not recruit athletes from other NKSL

Rule 6 Competition and Championship Qualifications

An individual may compete in seven swimming events (including exhibition events), but not more than three individual events (including exhibition events). For purposes of this rule, diving shall not be considered an event counted toward the total of either seven total or three individual events per competitor. A diver may only compete in his/her own a-age group. A swimmer may only compete in his/her own group, except in relays and events not subject to age restrictions. Any swimmer found participating in more than three individual events or out of his/her age group (except for events not subject to age restrictions) will be disqualified for that event.

A swimmer may only move up to a higher age group in a relay providing there is no other swimmer listed on the roster present for that evening's meet to swim that spot. There must be at least one swimmer in the age group competition in each relay. Any swimmer moved up must be from the next youngest age group.

All swimmers must participate in four individual events (including exhibition) in the season to be eligible to swim in the Championship Meet. Divers must compete in a minimum of two dual meets to be eligible to compete in the Championship Meet. The Rules Committee may grant an exception to this rule based solely on documented medical condition of such swimmer or diver requesting an exception.

Rule 7 Protest

Any protest shall follow USA Rules and Regulations, as amended.

Rule 8 Awards

Dual Meet awards shall be:

1. Ribbons for 1st- 6th in age group 8 & under, 9-10 and 11-12. 1st - 3rd Place ribbons given in age groups 13-14, and 15 - 18.
2. Ribbons for 1st and 2nd in relay events.
3. Additional awards may be given at the discretion of the host club.
4. All awards shall be the responsibility of the host team.

Rule 9 Scoring - Dual Meets

	Individual Events	Relays
1st	5	7
2nd	3	4
3rd	1	0

Each team may enter one team in a relay, any other teams will be considered exhibition. Only one relay from each team may score points. The first place team will receive 7 points and the second place team will receive 4 points.

Rule 10 Top Six

Dual meet times and diving scores shall be compiled on a weekly basis by a designated representative of the NKSL. The top six in each event shall be published and made available to each NKSL member club. These top six listings shall not be considered permanent records. In addition, the top six swimming times shall be compiled on a cumulative basis whereas the top six diving scores shall be compiled based solely on the results of the diving competition for that week and shall change on a weekly basis.

Rule 11 Publicity

The coach of the host club shall be required to deliver meet results, in a handwritten legible manner and a computer disk, to the Top Six coordinator by noon on the day following the completion of the dual meet. Sufficient copies of the results should be made to provide one for each coach. Any publicity in local community papers shall be the responsibility of each team and not the NKSL. The host club is responsible for contacting the local paper with final team scores and the names of the triple winners from the meet.

SECTION II

Dual Swim and Diving Meets **Rules and Regulations Governing NKSL Dual meet Competition**

Duel Swimming Meets

Rule 1 Pool Availability

Each member club shall be made available for dual meet competition based on an annual schedule set by the Board of Delegates. This rule shall not govern practice meets or intra-club meets scheduled by the club itself.

Rule 2 Starts, Strokes and Turns Standards

- a. **The League shall follow all rules and regulations of United States Swimming (USA), as amended unless otherwise noted in these rules and regulations.**
- b. The USA sudden death false start rule shall not apply and one allowable false start per person per event shall be permitted in NKSL swimming.
- c. USA whistle start will not be used. The league will use spoken commands.
- d. The USA backstroke rule shall apply except for the turn. The following will be allowed: After the initiation of the turning action, no additional arm pulls may be started; however, kicking and gliding actions are permitted.
- e. The NKSL encourages review of the USA rules and regulations by conducting review classes both in central locations and at each member club, before or during the swim season.
Mandatory attendance by coaches is required.
- f. The NKSL encourages coaches to meet yearly near the end of the swimming season to review the season's activities, rules and regulations and offer any suggestions or recommendations to the Rules Committee.

Rule 3 Disqualifications

Strict enforcement of all strokes and turns resulting in disqualification of swimmers shall begin with the first dual meet of the year for all age groups and will ***include all post season All Star and Championship meets.*** Any host club, can at its discretion, award a participation ribbon to disqualified swimmers in any age group.

Rule 4 Warm Up Times, Meet Starting Times, and heat Designations

- a. Swimming Warm Up: Host Team 5:15-5:45
 Visiting Team 5:45-6:15

- b. Dual meets consist of the list of events shown in exhibit A: The number of heats for the events is as follows:
 - one (1) heat of relays for each relay event
 - one (1) scoring heat for each individual event and up to three (3) exhibition heats per individual event.
- c. Dual meets shall begin promptly at 6:30.
- d. Odd lanes are designated for the host club and even lanes are designated for visiting club.

Rule 5 Pool Distance and Depth Standards

The standard distance for one pool length in the NKSL shall be 25 meters. A list of swimming events with specific distances shall be attached as Exhibit A.

In the event an NKSL pool does not meet the standard distance per length as noted above, event distances by length shall be revised so that no event, except for 8 and under age group, exceeds the standard NKSL distance for that event.

In pools with a water depth less than 4 feet' (1.22 meter) at the starting ends, the swimmer must start from within the water.

Rule 6 Equipment Required for Dual Meet Competition

- A. One starting mechanism (starter's gun and blanks or beeper)
- B. Two whistles
- C. Air horn
- D. Lane lines
- E. Public address system
- F. Twelve watches (six furnished by each competing team)
- G. Lane/timer slips
- H. Meet score sheets
- I. Awards (furnished by home team)
- J. A scorer's table (for announcer, scorekeeper and awards clerk)
- K. Starting blocks (required only at side of pool where majority of events begin)
- L. Backstroke flags
- M. Computer and appropriate software to score the meet

Rule 7 Officials Required for Dual Meet

- a. Meet referee
- b. Starter
- c. Timers (one for each lane) Host team must provide back up, roving timer
- d. Judges: Six judges shall be assigned (one per lane) to pick a designated lane in order to determine position (place) of a swimmer in each event. Such judge shall also record the time of the swimmer in such lane. In addition, a recorder in charge/judge (head picker/recorder) shall be designated to record his/her view of the order of finish for all six lanes. The order of finish shall

be determined by the judge/recorder's view of the finish position of his/her lane. In the event of any discrepancy in the order of finish as noted by the judge/recorder, the scoring table shall apply the order of finish as listed by the official designated as the recorder in charge (head picker). This application of order of finish shall be made without reference to recorded times.

- e. Stroke and Turn Judges: Two (one furnished by each competing club) NKSL certified. A stroke and turn judge shall not be permitted to disqualify a swimmer not swimming in his/her assigned judging lanes.
- f. Announcer
- g. *The scorekeeper position may be eliminated by mutual agreement.*
- h. Computer Scorer (furnished by host club).
- i. Assistant Computer Scorer (furnished by visiting club)
- j. Awards clerk (one furnished by each club).
- k. Runner: ***They will be responsible for collecting lane/timer slips and DQ slips***

Duel Diving Meets

Rule 1: Running the Meet

- A. Diving will be held on Tuesdays. Starting time of the meets will be 6:30 p.m. The home team will have warm-ups from 4:15-5:15 p.m. The visiting team will have warm-ups from 5:15-6:15 p.m. prior to the meet starting. The warm-ups for either team will not be extended if either team is late. The home team must clear the boards at 5:15 and the visiting team must clear the boards at 6:15.

The only extension to be granted on warm-up times shall be if thunder delays a warm-up such that the time for warm-ups will be less than 45 minutes of combined warm-up time. (Example: If the visiting team has been warming up for 20 minutes and then thunder clears the pool, they will be allowed to continue their warm-up following the waiting period for thunder for the next 25 minutes.) Each team will be allowed a combined minimum of 45 minutes of warm-up but not more than one hour before the start of a dual meet.

Cancellation and make-up rules apply.

- B. The home team must provided the following for each meet:
 - Five (5) regulation diving score cards
 - A minimum of one (1) diving slide rule
 - Microphone and PA system
 - An announcer
 - A minimum of two additional table workers (not counting the announcer)
 - Ribbons for the competitors to match the number of awards given for places in the swimming events
 - Three (3) diving judges
 - One (1) referee. The referee may also serve as one of the judges.

The visiting team must provide the following for each meet:

- Two (2) table workers
- Two (2) diving judges

If the visiting team cannot provide two judges, the home team should provide the remaining judges provided a minimum of one hour notice is given to the home team. If the home team cannot provide additional judges, only three home team judges will be used with no awards being thrown out in the calculation of scores. If the home team cannot supply three judges, the visiting team should provide the remaining judges provided a minimum of one hour notice is given to the visiting team. If the visiting team cannot provide the additional judges, two visiting judges and one home judge will be used with no awards being thrown out in the calculation of scores.

There will either be five judges used as described above or three judges used as described above. In essence, the team that cannot supply the proper number of judges as specified in the rules is penalized by not having “equal” representation in the judges panel.

If the home team cannot supply a qualified and knowledgeable referee, then the visiting team shall supply the referee. If neither team can provide a qualified and knowledgeable referee, the announcer shall be the referee. The referee cannot be a NKSL coach.

C. Diving events will be as follows:

1. Boys 8 & Under
2. Girls 8 & Under
3. Boys 9-10
4. Girls 9-10
5. Boys 11-12
6. Girls 11-12
7. Boys 13-14
8. Girls 13-14
9. Boys 15-18
10. Girls 15-18

D. Events will be run in a grouped manner. Events 1-2 will be run simultaneously. Events 3-4 will be run simultaneously. Events 5-6 will be run simultaneously. Events 7-8 will be run simultaneously. Events 9-10 will be run simultaneously. Events 7-10 may be run simultaneously provided it is agreed upon by the coaches and the number of divers entered in each event is not excessive.

E. The order of divers will be determined by lot and will be maintained throughout the entire event.

F. Divers must compete in their age group.

G. To be eligible to compete in the Championship Meet, divers must have completed in a minimum of two dual meets in the season the Championship Meet falls.

- H. Each team may have a maximum of ten (10) divers in each event. Scoring divers for each team must be designated to the referee prior to the beginning of warm-ups for their respective age group. Each team may have a maximum of three (3) divers scoring in each event.
- I. The top six finishers will be calculated on a per week basis.
- J. Any protest shall be made to the Meet director within 30 minutes of the protested event. The coach or NKSL representative making the protest shall notify the meet director and referee. The meet director shall make a decision on the protest and the decision is final.
- K. Awards for dual meets will be given as follows:
 - 1. Ribbons will be given to the 1st-6th place finishers in events 1-6
 - 2. Ribbons will be given to the 1st-3rd place finishers in events 7-10.
 - 3. Additional awards may be given at the discretion of the host club.
 - 4. All awards shall be the responsibility of the host team.
- L. Any diver that is unable to make a legitimate attempt to complete all of the dives listed on their sheet shall be disqualified from the meet.

Rule 2 Score Sheets. See *Exhibit B*

- A. Each diver must submit a regulation score sheet with the divers name, sex, age group, date, meet, and be signed by both the coach and the diver, to the score table one half our before the start of the first event (by 6:00 p.m.). The score sheet must have the correct list of dives including the dive number and position (letters A, B, C, D). The number and letter position is the official description of the dive and will take precedence over any other markings on the sheet. Failure to list the official dive number and position will result in a fail dive. Sheets will not be accepted less than one half hour before the start of the first event.
- B. Each diver must have the proper number of dives listed on their dive sheets. Failure to list the correct number of dives will result in disqualification of that diver.
- C. The required dive(s) must be listed as the first dive(s) for each diver. Failure to do so will result in a failed dive for the dive(s) listed in the required dive(s) spots with the intended dive now being treated as an optional dive. The required dives can be in any order provided they are the first two dives on the diver's sheet for 11-12's and the first three dives listed on the diver's sheet for 13-14's and 15-18's.

Rule 3: Announcer

- A. The announcer, provided by the home pool, must read each diver's name and dive, starting with the official dive number and position, a description of the dive, including the board being used and the d.d. followed by the name of the on-deck diver.

- B. Following the complete entry into the water by the diver, the announcer shall ask for the judge's scores. After all scores are displayed, the announcer shall read the scores in the same order each time.
- C. The announcer must point out any mistakes on the diver's sheet found during the meet to the referee. (i.e., incorrect number of dives listed, official dive number or position not listed, sheets not signed by the coach and/or diver)

Penalties: Incorrect number of dives listed, the diver is disqualified
Official number of position not listed, failed dive
Sheet not signed by coach and/or diver: the referee shall request the diver and/or coach to sign the sheet at that time

- D. An error on the announcer's part should not create a failed dive for the diver. If the announcer incorrectly announces a dive for a diver and the diver subsequently performs the dive as listed on their sheet, the dive should be scored. If the diver performs a dive incorrectly announced, provided the dive will not be repeated within their list, the dive should be scored and the sheet should be changed to reflect the dive announced and performed, taking the lower of the d.d.'s if there is a discrepancy. However, it is the diver and coach's responsibility to listen to the dive announced by the announcer and make any corrections necessary. If the diver does not perform the dive as announced or listed on the sheet, the dive will be failed. (Exception: dives performed in the wrong position shall receive a maximum award of 2.) If the announcer reads a dive from the diver's sheet, but is out of order and the dive is performed by the diver, the dive is scored and calculated in its proper place on the diver's sheet. The diver shall perform the "skipped" dive in the next round of diving.

Rule 4: Dives

- A. A diver is permitted to change a dive that they are either unable to do, too afraid to do or was listed incorrectly on their sheet. (Note: a coach should not list dives on a diver's sheet they cannot do, just to put the diver in a meet.) When a diver changes the dive, it can be done on the board, but must take the lower of the d.d.'s between the dive listed on their score sheet and the dive they want to perform.
- B. A diver may not do more than one required dive from the same group. (ie. A diver that has to do two required dives may not do a 101B and a 103 B as their required dives.)
- C. A diver may not do more than one optional dive from the same group. (ie. A diver may not do a 202A and a 203C as two of their optional dives.)
- D. A diver may not repeat a dive. (ie. A diver may not do a 101A and a 101B. They are both the same dive, only in a different position)
- E. 8-Under and 9-10 divers may use a front jump as a dive until July 1st, **using 0.5 as the d.d.** Keep in mind the purpose of this is to correctly learn a front approach. This is not a "pencil

jump”. Its function is the approach. As such, more emphasis should be placed on the number of steps taken, the hurdle, arm circles, the jump off the board, the distance from the board and lastly the form of the jump. (d.d. changed from 1.0 to 0.5 in February 2009)

- F. A diver may use a forward “fall” dive until July 1st, using 1.0 as the d.d. After July 1st, an approach must be used.
- G. A diver may use a backwards “fall” dive with a 1.0 d.d. Any diver using 1.7 or 1.8 as the d.d. and who does not jump for the dive will have the d.d. changed by the referee. This is a referee call and will be determined by the use of arm circles, a bend in the knees on the take-off and a push on the board followed by a jump from the board. Failure to perform all of these elements will result in the lower d.d. being used. If the diver is too afraid to jump or refuses to jump, do not try to “get one by” and list the higher d.d. This league is to teach and for the divers to learn diving, not to learn how to cheat someone.
- H. Divers in events 1-6 may have one practice dive prior to the start of their grouped event. Divers in events 7-10 may have a maximum of two practice dives prior to the start of their grouped event. If a diver takes excessive practice dives, causing the meet to be delayed, they shall be disqualified from the meet.
- I. All dives must be performed without assistance, with the exception of water agitation. Dives performed with obvious assistance will be failed.

Rule 5: General Rules

- A. Divers must use an approach/hurdle for each dive. Divers in events 1-4 may use two or more steps followed by a hurdle. A diver’s approach in events 5-10 must include a minimum of three steps plus the hurdle for dives with a forward takeoff. The steps on a forward approach shall be followed by a jump off one foot to a landing with both feet simultaneously at the end of the board followed by a takeoff from the board by both feet simultaneously sufficient to perform the announced dive. The approach for a backwards takeoff can begin with the divers arms in a position of their choice and may be moved to preparatory positions provided no obvious attempt to start the dive is made.

Penalties: A violation of the forward approach by either taking less than three steps or failing to land with both feet simultaneously prior to the takeoff will be called by the referee. Judge’s will score the dive as usual. Two points from each judge’s score will be taken off by the announcer when reading the awards.

- B. The dives shall be performed as follows:

8 & Under Total: Two Dives

One required dive from any of the following: 101 201 301 401

One optional dive from any of the following: 100 200 300 400 5000

9-10 Total: Three Dives
One required dive from any of the following: 101 201 301 401
Two optional dives from any of the following: 100 200 300 400 5000

11-12 Total: Four Dives
Two required dives from any of the following: 101 201 301 401
Two optional dives from any of the following: 100 200 300 400 5000

13-14 Total: Five Dives
Three required dives from any of the following: 101 201 301 401 5000
Two optional dives from any of the following: 100 200 300 400 5000

15-18 Total: Six Dives
Three required dives from any of the following: 101-103 201 301 401-403 5000
Three optional dives from any of the following: 100 200 300 400 5000

- C. Dives listed with the incorrect d.d. (as listed on the US Diving d.d sheet) shall receive the lower of the d.d.'s between what is listed on the diver's sheet and the correct d.d.
- D. If a diver is distracted by an obvious and unforeseen circumstance that adversely affects their dive, the diver, not the coach, must inform the referee prior to the next diver performing their dive. If in the referee's opinion, something obvious distracted the diver, they may allow the diver to perform the dive again, as soon as the diver is ready to do so. (ie. When the diver is taking off the board, someone screams and the diver does not take off the board properly or someone screams in the middle of the dive and the diver kicks out.) In events 1-4, the coach may assist the diver in addressing the referee.
- E. All "disputes" on a dive shall be resolved before the next diver performs their dive.
- F. Diving sheets may be corrected for mathematical errors up to the start of the first swimming event. Changes in order of finish, due to a mathematical error should be corrected by the start of the first swimming event.

Rule 6: Judging / Referee

- A. Judges shall score the dives independently of any other judge. They should not look at another judge's score for the purpose of assisting their score.
- B. Judges shall know the rules as listed herein and follow them to the best of their ability.
- C. Judges shall watch the entire dive from the moment the diver is set to perform the dive until the diver has completely cleared the water. In scoring the dive, they shall take into consideration **all** parts of the dive, including the approach, the hurdle, the take-off, the jump, the flight, the distance from the board, taking into consideration whether the dive is off to the

side of the board, too close or too far away, the form and position and finally the entry, taking into consideration if the dive was short, straight in, over, clean or heavy.

- D. The referee shall meet with the judges, coaches, and announcer prior to the start of the meet to review rules and discuss when he/she will stop counting twists.
- E. The referee shall make all determinations and calls regarding failed dives, maximum scores, disqualifications, balks, violations of approaches, errors of diving sheets, changing of dives and interference with dives.
- F. The referee shall make any corrections to d.d.'s according to the rules specified herein.
- G. A dive is complete when the diver's body has completely passed below the surface of the water.
- H. Dives shall be performed in the following positions:
 - a. Tuck-the diver is bent at both the hips and knees; deductions should be made for the knees not being together in the tuck.
 - b. Pike-the diver is bent only at the hips with the legs straight and together; deductions should be made for the diver bending their legs or not having their legs together.
 - c. Layout-the diver is not bent at the hips or the legs and the legs remain together throughout the dive; deductions should be made for either of these infractions.
 - d. Free-the diver may use a combination of positions to perform twisting dives but must keep their legs together at all times; deductions should be made for failing to do so.

Rule 7: Deductions

- A. A diver will be disqualified for the following:
 - 1. A diver does not turn a sheet in ½ hour before the start of the meet. (Note: this is really the responsibility of the coach. Please be careful and responsible and get all your diver's sheets turned in on time.)
 - 2. A diver does not have the correct number of dives listed on their sheet when it is turned in. (ie. A diver in the 9th event only has five dives on their sheet, rather than the required six, will be disqualified.)
 - 3. A diver who exhibits unsportsmanlike conduct such as arguing or taunting. A coach who exhibits unsportsmanlike conduct will be asked to leave the meet. A coach may question a call, in a dignified manner but may not insult, argue or otherwise disrespect a judge or the referee. The coach is an example for their divers and should conduct him or herself as such. What the coach's actions and words teach the divers today will be with them forever.

4. A diver who does not make a legitimate attempt to complete the dives on their list will be disqualified. This includes not going off the board but not making a legitimate attempt to complete the dive announced and divers who have to leave the meet for any reason, including illness, or a diver who refuses to perform a dive.
5. A diver that fails more than two dives in one meet will be disqualified.

B. The referee shall fail the dive, if in the referee's opinion:

1. A diver's feet hit first on a headfirst dive or a diver's feet do not hit first on a feet first dive.
2. A diver performs a dive other than what is announced or listed on their sheet. This would include over-rotating or under-rotating a dive such that it becomes another dive. (ie. A diver performs one somersault rather than the announced 1 ½ or over twists/ under twists a dive.)
3. A diver twists completely on the board. (ie. A diver performing a back dive with ½ twist, performs the twist almost completely before they leave the board.)
4. A diver has obvious assistance to perform the dive, other than water agitation. (ie. A diver is called out of a double.)
5. A diver takes an extreme amount of time to do a dive after it has been announced.
6. A diver balks more than once on the same dive.
7. A diver does not complete the announced dive. This would include a diver falling off of the board into the water.
8. A diver twists greater than or less than 90° than the required amount for the dive indicated on their sheet. The referee will determine before the start of the meet if this is when their feet/head hits the water or if it is when the shoulders/ feet have cleared the water.
9. A diver repeats a dive either in execution or is listed on their sheet.
10. A diver does not list the official dive number and position on their sheet.
11. A diver does not perform a required dive in the proper order.
12. A diver does two required dives from the same group or two optional dives from the same group.

C. A dive should receive a maximum of 2 points per judge for events 5-10 and a maximum of 4 ½ for events 1-4, as instructed by the referee, when the following occurs:

1. The dive is performed in the wrong position as listed on the score sheet.
2. The diver has one or both hands above their shoulders when entering the water on a feet first dive.
3. The diver has one or both hands below their shoulders when entering the water on a head first dive.
4. The diver hits the diving board during the execution of their dive.
5. The diver does not attempt to come out of the tuck position.

D. A dive should receive a maximum of 4 ½ by each judge, as instructed by the referee, when the following occurs:

1. The diver partially alters the position of a dive. (ie. A diver's legs are significantly bent while doing a back 1 ½ layout.) The scale for this is

between a crimp (a slight break in position, closer to a bend) and a dive clearly in the wrong position.

2. The diver twists from the board when performing a twisting dive.
- E. Judges should deduct between $\frac{1}{2}$ -2 points for “crow hopping” on a dive. A “crow hop” occurs when a diver’s foot or feet on a backwards approach, leave the board prior to the diver’s final spring from the board. The balls of the diver’s feet should not leave the board prior to the diver jumping from the board for the execution of their dive.
 - F. Two (2) points shall be deducted from each judge’s score when a balk has been declared by the referee. A balk occurs when a diver makes an obvious attempt to begin their dive and then interrupts the continuous execution of the dive. Judges should score the dive as usual. The referee will instruct the announcer to deduct two points from each judge’s score when the scores are read.
 - G. Judges should deduct between 1-2 points when a diver splits their tuck.
 - H. Deductions are unspecified when a diver is too close or too far away from the board, off to the side of the board, short or long on a dive or does not completely jump coming off the board.

SECTION IIIa

Swimming Championship Meet
Rules and Regulations

The NKSL Board of Delegates shall do all things necessary to aid the host team carrying out the responsibilities of conducting the Championship Meet.

Rule 1 Date

The league Championship Meet shall be held at dates specified and agreed upon by the NKSL Board of Delegates.

Postponement of the All Star Meet or League Championship Meet shall be made by the majority vote of the League delegates, or in the absence of a majority of delegates, by the League President.

Rule 2 Scoring

	Individual Events	Relays
1st	7	14
2nd	5	10
3rd	4	8
4th	3	6
5th	2	4
6th	1	2

Rule 3 Awards

Championship Meet:

- a. A permanent team trophy for the 1st through 6th place teams shall be awarded based on swimming and diving Championship Meet point totals without regard to regular season divisional classifications.

- b. A permanent team trophy for the 1st and 2nd place diving teams shall be awarded based on diving Championship Meet point totals without regard to regular season divisional classifications.

Rule 4 Records

Records established at the Championship Meet (qualification/finals) shall only be broken during the competition (qualification/finals) of subsequent Championship Meets. Such records cannot be broken during regular dual meet competitions.

Rule 5 Expense Limit

The host pool or club for the Championship Meet shall be responsible for the initial expenses of the operation of the meet. The NKSL shall reimburse the host pool or club as soon as possible after the conclusion of the meet for any expenses incurred over and above any expenses initially approved by the NKSL.

Rule 6 Location of Championship Meet

The location of the Championship Swimming Meet shall alternate annually among NKSL clubs having the standard competition length of 25 meters.

- a. The current rotation as of 1/1/2008 for champ meet swimming is as follows: Ludlow-Bromley, Bluegrass, Taylor Mill, Florence, Oakbrook, Fort Thomas, Beechwood, Cherry Hill, Five Seasons.
- b. The current rotation as of 01/01/2008 for all-star swimming is as follows: Bluegrass, Taylor Mill, Florence, Oakbrook, Ft. Thomas, Beechwood, Cherry Hill, Brookwood, Five Seasons, Ludlow-Bromley.

Rule 7 Scratch Meeting

Scratch meeting- A swimmer may be scratched at this meeting but must not be entered in a new event. He or she may swim other events in which they have previously entered. If the swimmer is scratched for a good reason, the Meet Director or Referee may allow an alternate entry.

Rule 8 Individual Events / Entries

Each team can only enter two (2) swimmers or divers in an individual event. An alternate may be listed for each individual event. If no alternate is listed then a team cannot substitute a swimmer or diver in that event. Swimmers must have times recorded in the computer system during the season for any events they are being entered into the Champ Meet. The exception will be if they swam at Brookwood anytime during the season.

Rule 9 Relay Entries

Relay cards must be legibly filled out and submitted to the Meet Director during the Championship Meet Scratch Meeting. Each relay card must contain the following information:

- a. The full name of each of the four relay swimmers; and
- b. The full name of an alternate swimmer who could be used to replace one of the four swimmers designated in (a.) above.

The designated alternate must be a swimmer who:

1. in the 13 & older age group has competed in at least one other preliminary swimming event during the Championship Meet in question; and

2. Who is competing in the same age group as the swimmer being replaced unless they meet the requirements of section D of rule 9.

The use of a designated alternate relay swimmer shall be permitted only under the following circumstances:

1. One of the four designated relay swimmers suffers an illness or injury which prevents that swimmer from swimming in the next scheduled relay event; and
 2. The head coach who is substituting a swimmer under this rule must, as early as possible, prior to the race in question, contact the Meet Referee and receive authorization for such substitution.
- c. Failure to follow all of the criteria set forth above for an alternate swimmer in a relay shall result in the disqualification of such relay and such relay shall be replaced in the finals by the next relay based on position of finish in the preliminaries.
- d. Moving up swimmers one age group will be permitted in the following circumstances:
1. Clubs are encouraged to swim eligible age appropriate swimmers in relays first before moving up swimmers.
 2. If the team has less than- 4 swimmers eligible to compete in the age group then up to three swimmers may be moved up.
 3. If the team has less than 6 swimmers eligible to compete in the age group then up to 2 swimmers may be moved up. (eligible means the swimmers are on the roster and have swum in the required number of events to be in the champ meet and present at the meet).
 4. Under no circumstances will a relay be permitted without at least one swimmer in the age group swimming in the relay

Rule 10: Competition and Championship Qualification

See section I, Rule 6.

SECTION III b

Diving Championship Meet Rules and Regulations

The NKSL Board of Delegates shall do all things necessary to aid the host team carrying out the responsibilities of conducting the Championship Meet.

Rule 1 Date

The league Championship Meet shall be held at dates specified and agreed upon by the NKSL Board of Delegates.

Postponement of the All Star Meet or League Championship Meet shall be made by the majority vote of the League delegates, or in the absence of a majority of delegates, by the League President.

Rule 2 Scoring

All rules for competition apply as noted in Section 2, rules 4-7.

Rule 3 Event Scoring

Rule 4 Awards

A permanent team trophy for the 1st and 2nd place diving teams shall be awarded based on diving Championship Meet point totals without regard to regular season divisional classifications.

Rule 5 Expense Limit

The host pool or club for the Championship Meet shall be responsible for the initial expenses of the operation of the meet. The NKSL shall reimburse the host pool or club as soon as possible after the conclusion of the meet for any expenses incurred over and above any expenses initially approved by the NKSL.

Rule 6 Location of Championship Meet

The location of the Championship Diving Meet shall alternate annually among NKSL pools having both a one (1) and three (3) meter boards and diving well depth of at least 12 feet.

- The current rotation as of 01/01/2008 for champ meet diving is as follows: Ft. Thomas, Beechwood, Five Seasons, Bluegrass, Taylor Mill.
- The current rotation as of 01/01/2008 for all-star diving is as follows: Oakbrook, Cherry Hill, Ludlow-Bromley, Brookwood, Florence.

Rule 7 Individual Events / Entries

Each team can only enter two (2) divers in an individual event. An alternate may be listed for each individual event. If no alternate is listed then a team cannot substitute diver in that event.

APPENDIX I

NKSL Summer Schedule

Weeks		1	2	3	4	5	6	7
T	1A	5B	4A	1B	2A	5A	4B	3A
E	2A	4B	3B	4A	1A	3A	5A	2B
A	3A	1B	2B	5A	3B	2A	4A	1A
M	4A	2B	1A	2A	SA	4B	3A	5B
S	5A	3B	5B	3A	4A	1A	2A	1B

T	1B	3A	4B	1A	2B	5B	3B	5A
E	2B	4A	3A	4B	1B	3B	5B	2A
A	3B	5A	2A	5B	3A	2B	1B	4B
M	4B	2A	1B	2B	SB	4A	1A	3B
S	5B	1A	5A	3B	4B	1B	2B	4A

Each Division will be drawn separately. Club names will be drawn one at a time and assigned a numeric/alpha code (i.e. 1A, 2A... etc.) until all teams have an assignment.

Each year, week 7 will become week 2, causing a rotating schedule (7 to 2, 2 to 3, 3 to 4). Week 1 will remain constant, out of division, this balances scoring per laws, gives coaches times and leaves scheduling to Lady Luck.

In the event that a team should withdraw from the NKSL, the assignment left over at the drawing will become a bye throughout the schedule. This format will allow the League to gain or lose up to two teams (8-12 teams).

APPENDIX II

Summary Of Judging Specifications From US Diving Rule book

Rule 107.7 states “The referee shall manage the competition and insure that all regulations are observed. The referee should meet with the judges before the contest to go over the rules.”

REFEREE SHALL FAIL THE DIVE IF:

- a. The performed dive is incorrect (not on the sheet/not announce). (106.9)
- b. There is obvious assistance. (106.10)
- c. The diver balks twice. (108-3)
- d. The diver falls into the water. (108.4)
- e. The diver's feet enter the water first on a head-first entry. (110.2.f)

REFEREE INSTRUCTS ANNOUNCER TO DEDUCT 2 POINTS FROM EACH JUDGE'S SCORE IF:

- a. A diver balks (any doubt is given to diver). (108.5)
- b. A diver takes a hurdle with 2 feet. (110.2.c)

REFEREE IMPOSES A MAXIMUM SCORE ON THE JUDGES IF:

- a. A dive was performed in the wrong position--maximum score of 2. (109.2)
- b. A dive is considered deficient--maximum score of 4.5. (109.2)

JUDGES TO EXERCISE THEIR DISCRETION, WITHIN THESE LIMITS, IF:

- a. The diver rocks excessively or crow hops--deduct 0-2 points. (110.2.d)
- b. A diver is too close to the board, or off to the side--deduction is unspecified. (110.2.d)
- c. A diver bends knees of a “straight” dive--deduction is unspecified. (10.2.e)
- d. A diver splits his tuck--deduct from 172 points. (110.2.e)

Exhibit A Swimming and Diving Event List

Event	Age Group	Description	Event	Age Group	Description		
1	Boys	8&U	Diving	2	Girls	8&U	Diving
3	Boys	9-10	Diving	4	Girls	9-10	Diving
5	Boys	11-12	Diving	6	Girls	11-12	Diving
7	Boys	13-14	Diving	8	Girls	13-14	Diving
9	Boys	15&O	Diving	10	Girls	15&O	Diving
11	Boys	open	200m Free	12	Girls	open	200m Free
13	Boys	8&U	100m Medley Relay	14	Girls	8&U	100m Medley Relay
15	Boys	9-10	200m Medley Relay	16	Girls	9-10	200m Medley Relay
17	Boys	11-12	200m Medley Relay	18	Girls	11-12	200m Medley Relay
19	Boys	13-14	200m Medley Relay	20	Girls	13-14	200m Medley Relay
21	Boys	15-18	200m Medley Relay	22	Girls	15-18	200m Medley Relay
23	Boys	8&U	25m Free	24	Girls	8&U	25m Free
25	Boys	9-10	50m Free	26	Girls	9-10	50m Free
27	Boys	11-12	50m Free	28	Girls	11-12	50m Free
29	Boys	13-14	100m Free	30	Girls	13-14	100m Free
31	Boys	15-18	100m Free	32	Girls	15-18	100m Free
33	Boys	8&U	25m Breast	34	Girls	8&U	25m Breast
35	Boys	9-10	50m Breast	36	Girls	9-10	50m Breast
37	Boys	11-12	50m Breast	38	Girls	11-12	50m Breast
39	Boys	13-14	50m Breast	40	Girls	13-14	50m Breast
41	Boys	15-18	50m Breast	42	Girls	15-18	50m Breast
43	Boys	13-14	50m Free	44	Girls	13-14	50m Free
45	Boys	15-18	50m Free	46	Girls	15-18	50m Free
47	Boys	8&U	25m Back	48	Girls	8&U	25m Back
49	Boys	9-10	50m Back	50	Girls	9-10	50m Back
51	Boys	11-12	50m Back	52	Girls	11-12	50m Back
53	Boys	13-14	50m Back	54	Girls	13-14	50m Back
55	Boys	15-18	50m Back	56	Girls	15-18	50m Back
57	Boys	8&U	25m Fly	58	Girls	8&U	25m Fly
59	Boys	9-10	50m Fly	60	Girls	9-10	50m Fly
61	Boys	11-12	50m Fly	62	Girls	11-12	50m Fly
63	Boys	13-14	50m Fly	64	Girls	13-14	50m Fly
65	Boys	15-18	50m Fly	66	Girls	15-18	50m Fly
67	Boys	9-10	100m IM	68	Girls	9-10	100m IM
69	Boys	11-12	100m IM	70	Girls	11-12	100m IM
71	Boys	13-14	100m IM	72	Girls	13-14	100m IM
73	Boys	15-18	100m IM	74	Girls	15-18	100m IM
75	Boys	8&U	100m Free Relay	76	Girls	8&U	100m Free Relay
77	Boys	9-10	200m Free Relay	78	Girls	9-10	200m Free Relay
79	Boys	11-12	200m Free Relay	80	Girls	11-12	200m Free Relay
81	Boys	13-14	200m Free Relay	82	Girls	13-14	200m Free Relay
83	Boys	15-18	200m Free Relay	84	Girls	15-18	200m Free Relay