

GREATER OMAHA SWIM LEAGUE

SWIMMING: RULES & REGULATIONS

1. AGE GROUPS: 8 & Under, 9-10, 11-12, 13-14 and senior (age 15-19 but cannot compete beyond the summer following high school graduation).
2. ORDER OF EVENTS: Individual Medley, Medley Relay, Butterfly, Backstroke, Breaststroke, Freestyle and Freestyle Relay.
3. ELIGIBILITY:
 - A. The Greater Omaha Swim League is a private pool league. Only swimmers and/or divers that have a full paid family membership to the pool they are competing for can participate in the Greater Omaha Swim League. Note: Boystown residents and employees' children may swim in the GOSL.
 - B. Each swimmer/diver must compete in two different dual meets during the season with the same club in order to compete in the Preliminaries and Finals. NOTE: Dual meet result sheets will be used to confirm participation.
 - C. The age of participant on June 1st will determine his/her age group for the rest of the season.
 - D. All violations will be acted on by the board of directors.
 - E. It is up to the discretion of each division to change the eligibility rules for their division due to weather or other cancellations.
4. ENTRIES:
 - A. Each swimmer may enter two individual swimming events. Each swimmer may swim on only one Medley Relay and one Free Relay.
 - B. Swimmers may swim in two different age groups, they may swim in their age group and/or one age group above their age in any meet as long as they don't exceed the limits of 4A or swim in the same event.
 - C. The Individual Medley counts as an individual swimming event and will only be swum in the following age groups: 10 & U, 11-12, 13-14, 15-18.
 - D. In each event the scoring heat will swim first followed by exhibition heat(s). The home team will have the odd lanes and the visiting team will be assigned the even lanes. It is the responsibility of both teams to have the meet entry sheets filled out prior to the start of the meet.
 - E. 3 swimmers and two relays from each team will score.
5. STARTING TIMES AND WARM-UPS: Warm-ups 5:00 pm, Meet 6:00 pm
Note: These starting times are guidelines.
6. DISTANCES:

10 & Under	-	Individual Events - 25 yards	-	Relays - 100 yards
11 & Up	-	Individual Events - 50 yards	-	Relays - 200 yards
All age groups	-	Individual Medley Relay	-	100 yards
7. SCORING:

Dual Meets:	Individual Races	7, 5, 4, 3, 2, 1
	Relays	10, 5, 3, 1
Championship Meets:	Individual Races	7, 5, 4, 3, 2, 1
	Relays	14, 10, 8, 6, 4, 2
8. STROKE RULES: USA rules will govern all swimming competition. Each host team must have at least one stroke and turn official for each dual meet. USA certified officials are recommended but not required.
Amendments:
 - A. Disqualification on the 2nd False Start.
 - B. All backward starts must have some part of both feet in the water and on the wall. Stand-up starts are not allowed.
 - C. 8 & U and 9-10 swimmers will NOT be disqualified the first meet of the season, they will only receive warnings.
 - D. Swimmers need to be told when disqualified. DQ sheets must be used in each disqualification and must be given to the coach(es).
 - E. Backstroke turn rules will follow high school federation rules, not USA swimming rules.

