

Florida Gold Coast Swimming



Rules and Regulations

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Florida Gold Coast Swimming Rules and Regulations

- FG 1.1 **FG Championship Meets:** FG Short Course and Long Course Junior Olympics, FG Winter Championship, Short Course and Long Course Area Developmental Championships, FG Short Course and Long Course Senior Championship. Other meets may be designated as such by the sanctioning officer and use FG Championship procedures.
- FG 1.2 **Non-Championship Meets:** Sizzler, County Invitational, County Developmental, Open Invitational (No Time Standards), and FGC Invitational (Time Standards are Junior Olympic Cuts).
- FG 1.3 **Entries Deadline-** All entries are due ten days prior to the first day of the meet. The meet host must forward a registration export file to the Registration Chairman seven days prior to the meet.
- FG 1.4 **Entry Times** – FG Championship Meets Swimmers will enter events with “Submitted Times”. The definition of submitted times is “those filed with an entry, as having been previously achieved.” Swimmers will enter meets with conforming and non-conforming times. The lead conforming time will match the course of the championship being swum.
- FG 1.5 **Conversions** will be allowed for all Timed Final events at all FG Championship meets.
- FG 1.6 **Non-Championship Meets** - Swimmers will enter the meet with times conforming to the course of the meet.
- FG 1.7 **Qualification Period** – Duration of Times for Championship Meets – Submitted times for any FG Championship meet must have been achieved within two years of the same meet and the entry deadline for the meet. Example: Meet date–March 13, 2004 – Qualification period 03/13/02–entry deadline.
- FG 1.8 **Championship Meet Awards** – Must be approved by the FG Age Group or Senior Chair. Failure to receive prior approval may result in the host team being required to replace the awards. Replacement awards will be distributed to all teams not later than 30 days following the notification of inadequate awards.
- FG 1.9 **Online Meet Entry (OME)** – The FG Short Course and Long Course Junior Olympic Championship and FG Short Course and Long Course Senior Championship entries will be processed by the USA Swimming On-Line Meet Entry system (OME). Other meets may use OME if approved during the sanction process.
- FG 1.10 **FG Scratch Policy:**
- a. CHECKED IN – A swimmer is checked in by initialing by the swimmers name by the swimmer, coach or other authorized representative. A swimmer checked in at the close of positive check in will be seeded.
 - b. SCRATCHED – Swimmer has been removed from an event by annotation on the check in sheet (normally a single line drawn through the name) Swimmers that are annotated as scratched at the time check in closes

are permanently removed that event, unless the scratch is rescinded before scratch deadline.

- c. NOT CHECKED IN – Swimmers who has not checked in or scratched from an event. For seeding purposes, these swimmers will be removed from seeding.
- d. If a swimmer has not scratched or checked in and the swimmer subsequently declares they desire to swim, they may swim in open lanes on a first come, first served basis. If there is no open lane, the swimmer shall not swim.

FG 1.11 Warm-Up Procedures:

- a. Feet -first entry are required. At no time should the athlete enter the water head -first unless practice starts are being directly supervised by their coach.
- b. All swimming should be done in a counter-clockwise direction – keep right.
- c. No equipment in general warm-up. No paddles, pull buoys, fins, assisted or resisted cords and/or similar such devices that could result in injuries to swimmers or damage to equipment.
- d. The Referee may permit equipment in specially designated areas with prior coordination.

GENERAL WARM-UP PERIOD

- 1. Usually consists of the first 30 – 45 min. of the warm-up session.
- 2. NO DIVING... Swimmers must enter the water feet first.
- 3. No sprinting or pace work.
- 4. All lanes - GENERAL WARMUP

CONTROLLED WARM-UP PERIOD

- 1. Pace lanes – last 40 minutes of warm up. Push- off one or two lengths, circle swimming only (counter -clockwise), NO DIVING, feet first entries only.
- 2. Practice Racing Starts – Last 30 Minutes of warm-ups. Number of lanes as needed. Swimmers must exit the pool at the far end or return to the start end via a general warm-up lane. Do NOT return via the pace lanes.
- 3. General Lanes - Circle swimming only (counter clockwise only).

Normal Lane Assignments

Pool Size	Push/pace	Race starts/ Sprints	General
5 lane	Lanes 1& 5	Lanes 2	Lane 3 &4
6 lane	Lanes 1& 6	Lanes 2& 5	Lanes 3 &4
8 lane	Lanes 1 & 8	Lanes 2&6	Lanes 3,4,& 6
10 lane	Lanes 1 &10	Lanes 2, 6&9	Lanes 3,5,7,&8

FG 1.12 **Seeding:**

- a. Deck Seed Policy – Deck entries will be accepted at all FG meets unless specifically prohibited by a statement in the meet announcement.
- b. If the missing entry is an administrative error on the part of the meet host, the meet director will enter the swimmer into the appropriate events as follows:
 - i. Non-Championship Meets: The swimmer will be entered into the open lane most appropriate to the swimmers' seed time. If there are no open lanes, the swimmer may stand by for an open lane. If no open lane exists at the conclusion of the event, the meet referee will add an extra heat for the swimmer.
 - ii. Championship Meets: The event will be re-seeded.
 - iii. If the entry problem is not an administrative error on the part of the meet host, the following procedure will be followed:
 1. Deck entry fees and surcharges are double the normal published fee.
 2. Deck entries may be accepted after the meet has been seeded into open lanes only, first come – first served.
 3. The meet host may accept deck entries prior to the first day of the meet.
 4. Deck entries will be accepted on the day of the meet up to 30 minutes before the start of each session.
 5. Deck entries after the 30 minute prior deadline will be at the discretion of the Meet Referee.
 6. The Meet Director will provide the Meet Referee with a master heat sheet that contains all deck entered swimmers to that point.
 7. The coach or athlete is responsible for paying deck entry fees when the swimmer is deck entered.
 8. The meet host may specify a different method of payment for deck entries in the meet announcement.
- c. Prohibited Actions at Championship Meets:
 - i. Moving swimmers that were properly entered into events between events.
 - ii. Purposely leaving swimmers out of events so that they can be later deck seeded.
- d. Timed Finals – In all FG Championship meets, if the meet information states that the fastest heat of an event will be swum in the finals session, and a swimmer desires to swim the event in the preliminary session, the swimmer must enter the event at the event qualifying time. The intent of having the fastest heat in finals is to have a full heat. This may result in swimmers having less than the normal complement of swimmers in a prelim heat.
- e. Seeding of 400 and greater events – The standard order for seeding events of 400Y or greater will be fastest to slowest. Where only one

course is available, the event will be alternated Women's heats then Men's heats.

- f. Seeding for Championship Meets – Swimmers must enter at the fastest time achieved in an event (except as provided in USA Swimming Rules 207.10-.11). Swimmers who have not achieved a time in the conforming course must enter at the fastest achieved time in the non-conforming course.
- g. 8 & Under Swimmers – All 8 & under swimmers are eligible to swim at all County Developmental Meets regardless of achieved time.

FG 1.13 Scoring:

- a. The Area Developmental Championship meets will not be scored.
- b. All FG Championship meets will be scored using standard point values equal to the number of lanes used in championship finals. If more than one final is scheduled, the A and B final will be scored. Any other meet may be scored using point values as delineated in the meet announcement.

FG 1.14 Change of Program and Postponement: Meet Committee – The meet committee will be appointed to handle all issues pertaining to non-rule situations at the meet. Examples of issues under the jurisdiction of the meet committee are: Severe weather, equipment issues, etc. The composition of the meet committee is left to the discretion of the Meet Referee but must include at least one athlete and one coaching representative.

FG 1.15 Officials – The FG Officials Chair is responsible for assigning the Meet Referee for all FG Championship meets.

FG 1.16 Retention of Records – The following meet material must be retained for a period of 24 months after each sanctioned meet. One heat sheet from each session, timing equipment printout sheets/tapes, lane timers sheets, Referee order of finish, DQ log, DQ Slips, no show log, positive check in sheets, relay cards, relay takeoff slips, any other paperwork the Referee deems appropriate.

FG 1.17 Age Group Program:

- a. Application of USA Swimming 4 hour rule - USA Swimming Rule 205.3.1 F – In this section of USA Swimming rule book it states that “with the exception of championship meets, the program in all other age group competition shall be planned to allow the events for swimmers 12 years and younger to be completed in four (4) hours or less for a timed finals session or in a total of eight hours or less per day for a preliminaries and finals meet.” FGC will enforce the “4 hour rule” for 12 & under swimmers as follows:
 - i. Meets shall be planned to not exceed a 4 hour (timed finals) or 8 hour day prelims- finals for 12 & Under swimmers.
 - ii. Definition: Time Limit Point: 4 hours – timed finals meet. 8 hours minus the estimated time line for finals (prelims/finals). The time lines will be computed using a heat interval as determined by the technical planning committee.

- iii. If the pre-meet time line shows the last 12 & Under event will be completed after the time limit point, all 12 & Under relay events scheduled prior to the time limit point for that session will be automatically cancelled. This cancellation will be made prior to the meet.
- iv. Relay events for older swimmers scheduled after the 12 & under events have completed swimming will be retained in the session.
- v. If the cancellation of the relay events does not result in the last 12 & Under event being completed by the time limit point, all 12 & Under events scheduled after the time limit point will be cancelled. This cancellation may be made pre-meet or during the meet.
- vi. The Referee will keep track of lost time lost due to weather, equipment malfunctions or other disruptive events. This cumulative lost time will not be counted toward the 4 hour rule. Normal operational events such as checking of backup times, swimmers getting in and out of the water and protests will be considered normal events and will not be counted as lost time.
- vii. The meet entry fees for events cancelled under this policy will be returned to the teams.

FG 1.18 LSC Age Group Championship Meets:

- a. Athlete Eligibility – The Florida Gold Coast Junior Olympic Championship is a closed meet. To be eligible to swim at the Florida Gold Coast Junior Olympics or Developmental Championship, the swimmer must be registered in FG at least 120 days prior to the first day of the meet unless the following conditions are met:
 - i. In order to accommodate former FG Swimmers who are not registered/re-registered by the 120 day point are JO or Developmental Championship eligible provided they did not register for any other team outside the LSC, or foreign club or team during the 120 days prior to Championship meet.
 - ii. In order to accommodate swimmers who transfer into the LSC within the 120 day window, transfer swimmers may apply for an exemption to the 120 day rule provided that they petition the Registration Chair and provide proof of permanent residence by athlete and parent or guardian within the LSC boundaries.
 - iii. Proof of residence requires copies of two of the following documents:
 - 1. Florida Driver's License
 - 2. Florida Vehicle Registration
 - 3. Utility Bill
 - 4. Others as determined by the registration chair

FG 1.19 Satellite teams – Teams that train at more than one location may compete at meets in the county in which the team trains. Teams may travel to compete in the county of the satellite with prior coordination with the meet director.