WeRise Summer Swim League
Hosted by the WeRise Foundation
Rules and Regulations

MISSION
The WeRise Summer Swim League is a fun introduction to competitive swimming. Our goal is to guide swimmers in their success as it relates to their times, stroke techniques, and good sportsmanship practices. All parent volunteers, swimmers, and coaches should be treated with the utmost respect and consideration in order to promote a safe and enjoyable swimming environment.

WeRise FOUNDATION
The mission of the WeRise Foundation, a non-profit Florida corporation, is to provide inclusive swimming programs that create opportunity in sport, foster independence, and develop lifelong skills for Underserved children and athletes. Through the Foundation, we aspire to impact individuals with unique abilities, offering accommodations to create equitable inclusion for swimmers of varying abilities. Programming will emphasize diversity in swimming through water safety education for vulnerable communities.

MEMBERSHIP
Only swimmers who are bona fide members of a participating team may compete in league meets. USA swimmers are welcome to compete in this league, but the league's focus is primarily for developing swimmers who, through a positive introduction to the sport, may wish to continue swimming year-round.

GENERAL MEET RULES
(Apply to All Meets)

MEETS
The league shall offer regular-season meets between or among teams, hereby referred to as "League Meets." The season will conclude with a Championship Meet, hereby referred to as "Champs," at which all clubs will participate.

All meets shall run in accordance with these rules and regulations unless participating coaches agree to alter the rules or format, with agreement from all participating coaches.

AGE AND AGE GROUPS
A swimmer's age for all league meets shall be determined by their age as of June 1 of the current year.

Age groups shall be offered as follows: 6 & Under, 7-8, 9-10, 11-12, 13 & Over. During League Meets only, special 9 & Over 25 yard/meter events will be offered primarily for developmental and handicapped swimmers. All 9 & Over swimmers capable of swimming 50 yards/meters are encouraged to enter those events within their respective age groups.

SWIM-UPS
Swimmers are NOT allowed to swim up an age group in individual events, but may do so in relays.

EVENT LIMITATIONS
Each swimmer may compete in a maximum of four events, no more than three of which may be individual events. In other words, as a maximum a swimmer may enter three individual events and one relay or two individuals and two relays.

ENTRIES
Each team is responsible for submitting entries digitally using their preferred team management software. Team entries must be submitted in an SDIF format (such as .hy3, .sd3 or .cl2). Heats and events may be combined to expedite the meet. Events files will be created and sent to all coaches for use in creating meet entries.

DECK ENTRIES
Once a heat sheet is published, swimmers may not be added to the meet except in empty lanes. No new heats will be created.

HEAT SHEETS
Heat Sheets shall be supplied by the host and sent in advance of the meet to coaches, who are encouraged to forward to parents/team members. Heat sheets shall be provided on deck for meet officials and head coaches. No heat sheets will be sold at the meets.

RESULTS & LABELS
The host shall provide final results and award labels (both in PDF format) to participating teams within 24 hours after the completion of the meet.

<u>LEAGUE MEETS</u>

EVENTS FORMAT
Two events formats (see attached) are offered for League Meets; coaches can agree to run either option, A or B. If there is no unanimous agreement from the coaches, the host coach shall pick the format used.

RULES
There will be no disqualification for swimmers outside of those instances where swimmers blatantly break the normal rules of swimming, creating a significant advantage for their result. The Starter is responsible for watching the overall conduct of a race, though he/she may appoint an alternate or additional judge to view the competition.

ENTRY DEADLINE
For League Meets, entries should be submitted at least 48 hours prior to the meet, and heat sheets generated 24 hours prior to the meet.

SCORING
Individual events will score through six (6) places as follows: 7-5-4-3-2-1
Relay events will score through six (6) places as follows: 14-10-8-6-4-2

AWARDS
Each club is responsible for providing ribbons to their swimmers following a meet. The meet host will provide of PDF of award labels to the visiting team(s) -- Avery 5160 labels preferred. For League meets, awards shall be presented for 1st through 6th place in each event.

EXHIBITION
Relay teams with a shortage of participants or mixed gender may swim exhibition. Coaches are asked to list exhibition relays as such in the entry file, no names needed.

TIMERS
Each lane should be staffed by at least two timers, preferably one timer from each team, plus a Head Timer. If there is a shortage of timers from the visiting team(s), the host may add timers from the host club. Minimum timing equipment is two watches per lane, with the official time being the average of the two times. Lane timer sheets generate from Hy-tek Meet Manager shall be used to record stopwatch times, whether primary or backup.

EQUIPMENT
Each host team is responsible for providing equipment necessary to run the meet, including but not limited to:
        *Starting System
        *Timing Equipment/Stopwatches
        *Clipboards
        *Pencils
        *Tables and Chairs
        *Results System/Software/Computer

HOSTING A LEAGUE MEET
The host team shall be responsible for providing these officials and volunteers:
        *Starter
        *Announcer (recommended)
        *Scorekeeper (Hy-tek)
        *Ready Bench Helper
        *Timers
        *Head Timer (preferred)
        *Runner (if needed)

The visiting team(s) shall provide the following officials and volunteers:
        *Ready Bench Helper
        *Timers

WHISTLE STARTS
Starters are encouraged to use "whistle start" protocol during League Meets to prepare swimmers for Champs, where the meet will be run in accordance with USA Swimming rules.

CHAMPIONSHIP MEET

ELIGIBILITY
To be eligible for Champs, a swimmer must have participated in at least one (1) regular-season (League) meet.

RULES
At Champs, the meet will be run according to full USA Swimming Rules for starts, strokes and turns. No exhibitions swims or relays will be allowed in Champs. Whistle starts will be used.

EVENT FORMAT
The Championship Meet shall have its own designated format (see attached). No 9 & Over Developmental events will be offered.

ENTRY DEADLINE
Entries shall be submitted at least 72 hours prior to the meet start time, which will allow for a Psych Sheet review by all teams.

SCORING
For Champs, scoring will be through eight (8) places: 9-7-6-5-4-3-2-1
Relays also through eight (8) places: 18-14-12-10-8-6-4-2

AWARDS
Champs meet awards will be 1st – 3rd medals and 4th – 8th ribbons. High point awards will be presented for each age group, girls and boys.

TIMERS
The meet will be staffed with at least two timers from each team.

EVENT ORDERS

LEAGUE MEET - OPTION A

Girls Event #	Event	Boys Event #
1	6 & Under 100 Free Relay	2
3	7-8 100 Free Relay	4
5	9-10 200 Free Relay	6
7	11-12 200 Free Relay	8
9	13 & Over 200 Free Relay	10
11	6 & Under 25 Free	12
13	7-8 25 Free	14
15	9-10 50 Free	16
17	11-12 50 Free	18
19	13 & Over 50 Free	20
21	9 & Over 25 Free (Dev)	22
23	6 & Under 25 Back	24
25	7-8 25 Back	26
27	9-10 50 Back	28
29	11-12 50 Back	30
31	13 & Over 50 Back	32
33	9 & Over 25 Back (Dev)	34
35	6 & Under 25 Breast	36
37	7-8 25 Breast	38
39	9-10 50 Breast	40
41	11-12 50 Breast	42
43	13 & Over 50 Breast	44
45	9 & Over 25 Breast (Dev)	46
47	6 & Under 25 Fly	48
49	7-8 25 Fly	50
51	9-10 50 Fly	52
53	11-12 50 Fly	54
55	13 & Over 50 Fly	56
57	9 & Over 25 Fly (Dev)	58
59	10 & Under 100IM	60
61	11-12 100 IM	62
63	13 & Over 100 IM	64

LEAGUE MEET - OPTION B

Girls Event #	Event	Boys Event #
1	8 & Under 100 Medley Relay	2
3	9-10 200 Medley Relay	4
5	11-12 200 Medley Relay	6
7	13 & Over 200 Medley Relay	8
9	6 & Under 25 Free	10
11	7-8 25 Free	12
13	9-10 50 Free	14
15	11-12 50 Free	16
17	13 & Over 50 Free	18
19	9 & Over 25 Free (Dev)	20
21	6 & Under 25 Back	22
23	7-8 25 Back	24
25	9-10 50 Back	26
27	11-12 50 Back	28
29	13 & Over 50 Back	30
31	9 & Over 25 Free (Dev)	32
33	6 & Under 25 Breast	34
35	7-8 25 Breast	36
37	9-10 50 Breast	38
39	11-12 50 Breast	40
41	13 & Over 50 Breast	42
43	9 & Over 25 Breast (Dev)	44
45	6 & Under 25 Fly	46
47	7-8 25 Fly	48
49	9-10 50 Fly	50
51	11-12 50 Fly	52
53	13 & Over 50 Fly	54
55	9 & Over 25 Fly (Dev)	56
57	8 & Under 50 Free	58
59	9-10 100 Free	60
61	11-12 100 Free	62
63	13 & Over 100 Free	64

CHAMPIONSHIP MEET FORMAT

Girls Event #	Event	Boys Event #
1	6 & Under 100 Free Relay	2
3	7-8 100 Free Relay	4
5	9-10 200 Free Relay	6
7	11-12 200 Free Relay	8
9	13 & Over 200 Free Relay	10
11	10 & Under 100 IM	12
13	11-12 100 IM	14
15	13 & Over 100 IM	16
17	6 & Under 25 Free	18
19	7-8 25 Free	20
21	9-10 50 Free	22
23	11-12 50 Free	24
25	13 & Over 50 Free	26
27	6 & Under 25 Back	28
29	7-8 25 Back	30
31	9-10 50 Back	32
33	11-12 50 Back	34
35	13 & Over 50 Back	36
37	8 & Under 100 Medley Relay	38
39	9-10 200 Medley Relay	40
41	11-12 200 Medley Relay	42
43	13 & Over 200 Medley Relay	44
45	6 & Under 25 Breast	46
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53	13 & Over 50 Breast	54
55	6 & Under 25 Fly	56
57	7-8 25 Fly	58
59	9-10 50 Fly	60
61	11-12 50 Fly	62
63	13 & Over 50 Fly	64
65	8 & Under 50 Free	66
67	9-10 100 Free	68
69	11-12 100 Free	70
71	13 & Over 100 Free	72