

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.

FUNDRAISING

Each league team is asked to fundraise a minimum of \$250 per summer season to help offset league and championship meet expenses.

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 in League Meets three individual events and one relay (Note: Only one relay is offered in League meets.) In Champs, a swimmers may enter a maximum of either three individuals and one relay or two individuals and two relays.

ENTRIES

Each team is responsible for completing entries via the Swimmingly app. Heats and events may be combined to expedite the meet.

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.

LEAGUE MEETS

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

All meets shall run according to the competition rules determined by the league. 10 & Under rules shall be an abbreviated list of infractions as determined by the league, whereas 11 & Overs shall be judged according to current USA Swimming rules as listed in Swimmingly. Each participating team shall provide at least one stroke-and-turn judge per meet for officiating purposes.

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 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.

EQUIPMENT

Each host team is responsible for providing equipment necessary to run the meet, including but not limited to:

- *Starting System
- *Tables and Chairs for Scorekeeper, Announcer, other

HOSTING A LEAGUE MEET

The host team shall be responsible for providing these officials and volunteers:

- *Starter
- *Announcer (recommended)
- *Scorekeeper
- *Ready Bench Helper
- *Stroke and Turn judge
- *Timers

The visiting team(s) shall provide the following officials and volunteers:

- *Ready Bench Helper
- *Stroke and Turn judge
- *Timers

WHISTLE STARTS

Starters are encouraged to use "whistle start" protocol during competition to expedite the meet.

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 League 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. Hy-tek Manager will be used for results and scoring.

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. An Omega timing system will be used with LED scoreboard, touchpads and button/watch backups. For 25's, a Superior Swim Timing system will be used for primary timing.

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	9-10 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	9-10 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	9-10 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	9-10 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	9-10 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	9-10 25 Back (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	9-10 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	9-10 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 – 11 & OVERS (MORNING)

Girls Event #	Event	Boys Event #
1	11-12 200 Free Relay	2
3	13 & Over 200 Free Relay	4
5	11-12 100 IM	6
7	13 & Over 100 IM	8
9	11-12 50 Free	10
11	13 & Over 50 Free	12
13	11-12 50 Back	14
15	13 & Over 50 Back	16
17	11-12 200 Medley Relay	18
19	13 & Over 200 Medley Relay	20
21	11-12 50 Breast	22
23	13 & Over 50 Breast	24
25	11-12 50 Fly	26
27	13 & Over 50 Fly	28
29	11-12 100 Free	30
31	13 & Over 100 Free	32

CHAMPIONSHIP MEET FORMAT – 10 & UNDERS (AFTERNOON)

Girls Event #	Event	Boys Event #
33	6 & Under 100 Free Relay	34
35	7-8 100 Free Relay	36
37	9-10 200 Free Relay	38
39	10 & Under 100 IM	40
41	6 & Under 25 Free	42
43	7-8 25 Free	44
45	9-10 50 Free	46
47	6 & Under 25 Back	48
49	7-8 25 Back	50
51	9-10 50 Back	52
53	8 & Under 100 Medley Relay	54
55	9-10 200 Medley Relay	56
57	6 & Under 25 Breast	58
59	7-8 25 Breast	60
61	9-10 50 Breast	62
63	6 & Under 25 Fly	64
65	7-8 25 Fly	66
67	9-10 50 Fly	68
69	8 & Under 50 Free	70
71	9-10 100 Free	72