

Akron Metropolitan Swim Association

Swim Meet Guidelines and Policies

Revised June 18, 2024

1. All Akron Metropolitan Swim Association (AMSA) sponsored meets shall be governed by the then current OHSAA rules, except as superseded by the AMSA guidelines, policies, constitution or by-laws, as herein stated, described or defined.
2. Each swimmer must be a member of the club, organization or facility that sponsors his or her team. The use of “ringers” (defined as swimmers who are recruited to participate in only one or two meets per season and whose participation materially affects the scoring of the meet) is contrary to the purpose of this league. The VP Statistics or any other AMSA member shall report any evidence of use of ringers to the President, whereupon the AMSA Directors may take remedial action.
3. No swimmer may swim for more than one (1) AMSA team.
4. Swimmers may participate at their age level as of JUNE 1st. In dual meets, a swimmer may move up to one (1) age group and return to their original age group any number of times. In any meet, no swimmer may swim in more than one (1) individual or relay event of the same event type in two age groups. For example, a swimmer cannot swim the breaststroke in both the 9/10 and the 11/12 age groups, the only exception to this rule is an 8 and under and 9-10 may swim both the 25 and 50 freestyle events but not more than 1 of the same freestyle distance. A swimmer is only eligible to swim in one medley relay and one free relay per meet.
 - A. Any swimmer over the age of 18 who attended high school the school year immediately preceding the AMSA season may compete in the 15-18 age group. Proof of High School attendance may be required.
 - B. Swimmers over the age of 18 who qualify for the Individuals with Disabilities Education Act (IDEA) and are currently enrolled in high school may participate in the 15-18 age group. Proof of HS enrollment may be required.
5. Individual swimmers may swim a total of four (4) events, not more than three of which are individual events. This is for all dual and championship meets.
6. Each swimmer must swim in the number of dual meets set annually by the AMSA board in order to be eligible for championships. These meets must be contested with another AMSA team. In the event of a meet cancellation due to weather, the host team will submit to the VP of Statistics the meet back up. In the event the make-up meet can't be attended by a registered swimmer, the originally scheduled meet will be counted towards the meet requirement for Champs. You may not use the original meet and the make-up meet to count as two (2) meets for Champs eligibility. The only exception is when a meet rescheduled due to weather is again cancelled or is not made up and the swimmer was in the lineup for the rescheduled meet. The lineup for the rescheduled meet is to be submitted to the VP of Statistics immediately following the second cancellation of the meet. Exhibition events will qualify a swimmer for the championship meet.
7. Each Swimmer must swim his or her own age level for individual events at the championship meet. Up to two swimmers per relay may be moved up one age group to complete an A relay only if the team's meet roster do not have sufficient swimmers to otherwise make a legal relay.
8. There will be no more than twenty (20) exhibition heats allowed per meet at any dual meet unless previously agreed on by both teams. If an agreement cannot be reached, the home team has the final decision on the number of exhibition heats. Each team may swim three (3) swimmers. If the opposing team does not have swimmers in that

event, the other team will be permitted to fill the remaining open lanes. To facilitate the exhibition schedule, coaches will coordinate their proposed exhibition lineups and submit them to the scorers at the scoring table in a timely manner before the start of the meet. There will be no exhibition heats of any individual 100 yard events.

9. Visiting team will submit files to Home team by 6pm the night before. The Home team will send a seeded meet file back to visiting team by midnight the night before the meet. The Home team will print all labels and print heat sheets (number per request of visiting team) for visiting coaches, and check-in sheets for both teams. Following the meet, results files should be sent to VP of Statistics by Home team before midnight the day after meet.

10. All events will be timed and those times recorded. Exhibition events will not be scored.

A. Home teams will provide ribbons for scored and exhibition events.

B. Disqualified swimmers will not be awarded any ribbon. DQs for 8 and under swimmers: For the first two meets, there will not be DQs for 8 and under swimmers unless they are swimming the wrong stroke. After that, DQ as usual. All other age group, DQs as usual for all meets.

11. Ribbons must be distributed to the coaches within forty eight (48) hours after the completion of the meet. Exhibition ribbons will be marked EXB on the back sticker

12. Home teams will have an AMSA assigned meet official and pay the official the rate set forth by AMSA. The home team will supply twelve timers, one backup timer, one runner, two scorers and two ribbons people (or ribbon writers). The visiting team may provide one scorer.

13. Teams may use coaches or assistant coaches as scoring participants in AMSA meets if 18 and under and a registered swimmer of the team. Coaches older than 18 may only swim in a scoring relay if the roster does not allow for an 18 and under swimmer to complete the relay team.

14. Teams will use the AMSA template which is located on the League website for Championship Meet entries. Lineups are due one week (7 days) from the beginning of the Championship meet by 10 PM. After receiving the lineups, the VP of Statistics will make available the Backup Lineup (Individual per Team) by Monday at 5 PM. All scratches are due to the meet entry chair by midnight Tuesday before the Championship Meet.

15. A mixed relay team for all ages must consist of 4 different swimmers and shall have at least 1 swimmer of each gender, but not more than 2 males. Exhibition heats may be all of one gender.

16. Reports of violations involving rule infringements must be made in writing and sent to the League President and the VP of Statistics within 24 hours of the observed infringement.

17. AMSA recognized that the HOME TEAM POOL management reserves the right to call off a meet due to weather conditions and this should be done by 4:00PM. The home team should make all reasonable effort to reschedule the meet to a date and time both teams find mutually acceptable.

18. All visiting teams should abide by the rules and regulations of the host facilities. PUSHING or MANHANDLING of swimmers or coaches into the pool following a meet is penalized by a loss of ten points per incident.

19. Other general rules affecting how meets are to be conducted.

A. Events for dual meets (See attached sheet)

B. Starting blocks shall not exceed 30 inches in height above the water.

C. All host clubs will provide backstroke flags and kick boards for backstroke.

D. Backstroke wedges may be used at all pools where available.

E. For the 100 yard relays the 2nd and 4th swimmer will start in the water unless there are regulation blocks available with regulation depth water. A swimmer may still choose to start in the water if that is their preference.

F. At the official's discretion, two false starts will disqualify (DQ) a swimmer in relays and individual events. At the official's discretion, false starts by subsequent swimmers in a relay will DQ the entire relay team.

G. Scoring of events at a dual meet:

Individual Events

1st Place – 6 points

2nd place – 4 points

3rd place – 3 points

4th place – 2 points

5th place – 1 point

Relay Events

1st place – 8 points

2nd place – 4 points

3rd place – 2 points

Only 2 relay teams can score points for 1 team. If 1 team wins all 3 relay places 3rd place relay ribbons will go to the 3rd place team, but 3rd place points will go to the opposing team. Scoring of Events at Championships:

Individual Events

1st place – 20 points

2nd place – 18 points

3rd place – 16 points

4th place – 14 points

5th place – 12 points

6th place – 11 points

7th place – 10 points

8th place – 9 points

9th place – 8 points

10th place – 7 points

11th place – 6 points

12th place – 5 points

Relay Events

1st place – 40 points

2nd place – 36 points

3rd place – 32 points

4th place – 28 points

5th place – 24 points

6th place – 22 points

7th place – 20 points

8th place – 18 points

13th place – 4 points

14th place – 3 points

15th place – 2 points

16th place – 1 point

20. Under conditions where a meet must be ended early, the meet will be considered official at the conclusion of the Event 22 scoring heat.

21. A trophy will be awarded at the intermission of the Championship Meet to the AMSA team recognized for the best display of Sportsmanship throughout the season. Voting for the Sportsmanship award will be conducted by secret ballot at the pre-championship Coaches and Director's meeting. One Director and one coach from each AMSA team will each cast one vote. In the event of a tie, at the President's discretion, a second ballot may be taken. The "Championship Meet" trophy will be awarded to the team winning the Championship Meet at the conclusion of the Championship Meet.

22. A child must be able to swim one (1) length of the pool consistently without assistance to be able to compete at the Championship Meet. Assistance may be used in exhibition events during dual meets. The coach of each team will make the final decision regarding their swimmers abilities for participation.