

OLD DOMINION SWIM LEAGUE

RULES AND REGULATIONS

2010 CHANGE HIGHLIGHTS

On April 8, 2010, the Board of the Old Dominion Swim League (ODSL) adopted revisions and amendments to the ODSL Rules and Regulations as previously adopted on January 9, 2009. Outlined below are highlights of the adopted changes. The Rules have been reorganized for ease of use. These highlights are of adopted rule modifications and clarifications only. Simple word corrections for consistency purposes, or to have the document read better, that do not substantively affect the intent of the 2009 ODSL Rules and Regulations are not set forth below.

- 1 General. Provides that USA Swimming Rules and Regulations pertaining to Stroke and Turn regulations shall be observed at all meets unless otherwise modified by these rules. However, there are NO modifications within these rules. e.g. Backstroke flip turn is now in conformance with USA Swimming Stroke and Turn regulations. Added second paragraph stating that the Rules do not set standards of care and that safety considerations should be made by the swimmer, swim coach, swim team and pool owner.

- 3.1.1 Added requirement to measure pool water depth for application of the rule regarding not diving in shallow water pools.

- 3.7.5 Language indicating that the location of concessions should not interfere with meet operations.

- 4 Meet Procedures. Include “recommendations” for the purpose of smooth meet operations.
 - 4.1 Recommendation to conduct “cardless” meets.

 - 4.3 Requirement to exchange Team rosters in addition to entries/line up.

 - 4.8.2 Clarifies rules for swim ups. In individual events: only 1 higher age group is permitted. Age group relays: up to 2 higher age groups are permitted. Mixed age relay: any HIGHER age group is permitted.

 - 4.8.3 Requirement that swimmers entered in an event have previously demonstrated the capability to legally execute the event entered.

 - 4.9 Added language for number of swimmers in 8 lane pools.

 - 4.13 Clarified that events completed by an individual swimmer shall be counted even if the meet is not completed due to inclement weather.

- 5.2 Eliminates the requirement of the time recorder, as the position is obsolete. Specifies that each Team provides a computer operator.

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- 5.3 Clarifies that NEW Referees, Starters and Stroke and Turn Judges must attend annual training, complete a test, and shadow an experienced Official prior to holding the position.
- 5.4 Added other certifications that would qualify for exemption from attending the mandatory annual Officials' Training.
- 5.7 Added language regarding appointment of acting Team Representative for meets.
- 6.2 Starting procedures added for clarification from USA Swimming Rules and Regulations.
- 6.3 False Start procedures added for clarification from USA Swimming Rules and Regulations.
- 8.6 Relay swimmers must exit the water immediately upon finishing their leg. Further clarifies swim ups for age group relays and the mixed age freestyle relay.
- 9.4 League provides Heat Winner Ribbons, and home team has responsibility for providing at the meet.
- 10.2.2 Language has been added to clarify and further define the Protest process.
- 11.1.1 League records are stored on the League's Team Unify database and are reported in Short Course Meters. Also defines when the final Season Records will be posted. The Appendix that further defined the events for which records were kept was removed. Records are kept only for events that are in Appendix 4 and 5.
- 11.6 Discusses records with regard to a pending protest and resolution of the protest.
- 12.1.1 and 12.1.2 Defines the Divisional Meets and the All Star Meet as League events.