

INDEX

SUMMARY OF 2008 RULE CHANGES.....	1
I. OBJECTIVE	2
II. ELIGIBILITY	2
III. LEAGUE RULES AND POLICIES.....	5
A. DIVISION PLACEMENT	5
B. ENTRIES, EVENTS AND SEEDING	5
C. STARTING TIME	10
D. RULES FOR ENDING A MEET	10
E. TEAM ROSTERS.....	10
F. SCRATCH MEETING	11
G. EXHIBITION SWIMMING.....	11
H. DIVISIONAL MEETS.....	11
I. DISQUALIFICATIONS	12
J. INSIGNIA	13
K. PROTESTS AND DISCIPLINARY ACTIONS	13
IV. DELAY OR POSTPONEMENT DUE TO CLIMATIC CONDITIONS	14
V. OFFICIALS AND DUTIES	15
A. MEET OFFICIALS.....	15
B. ON-DECK OFFICIALS' ATTIRE	15
C. CERTIFICATION AND RECERTIFICATION REQUIREMENTS	16
D. SELECTION REQUIREMENTS	17
E. ARRIVAL TIME	18
F. DUTIES OF OFFICIALS	18
VI. EQUIPMENT NEEDED	26
VII. FACILITIES	26
A. REQUIRED	26
B. RECOMMENDED	28
C. NON-STANDARD POOLS.....	29
D. TEAMS WITHOUT POOLS.....	29
VIII. THE STROKES, RELAYS, AND FINISHES	30
A. BREAST STROKE	30
B. BUTTERFLY STROKE	32
C. BACKSTROKE.....	33
D. FREESTYLE	34
E. INDIVIDUAL MEDLEY	34
F. RELAYS	34
APPENDIX A: ORDER OF EVENTS	36
BY-LAWS OF THE NORTHWEST AQUATIC LEAGUE	37
DIVISION REPRESENTATIVE - JOB DESCRIPTION	44
DIVISION REPRESENTATIVE - SUGGESTED CALENDAR.....	45
TEAM REPRESENTATIVE - JOB DESCRIPTION	46
MEET SCHEDULE	47
DIVISION ALIGNMENT	48
DIVISIONAL SWIM MEET (Things to think about)	49

Highlights of 2008 NWAL Rule Change

- III. LEAGUE RULES AND POLICIES, B ENTRIES, EVENTS AND SEEDING, 3 RELAY ENTRIES (Page 6)
- III. LEAGUE RULES AND POLICIES, B ENTRIES, EVENTS AND SEEDING, 6 SCORING (Page 9)
- III. LEAGUE RULES AND POLICIES, I DISQUALIFICATIONS (page 12)
- IV. DELAY OR POSTPONEMENT OF MEETS DUE TO CLIMATIC CONDITIONS (page 15)
- VI. EQUIPMENT NEEDED (page 27)
- Division Representative – Suggested Calendar (page 46)
- DIVISIONAL SWIM MEET THINGS TO THINK ABOUT (page 51)

For updates and league
information check the NWAL™
website at:
www.nwal.org

Northwest Aquatic League

Official Rules

All NWAL™ sanctioned competitive swimming events shall be conducted in accordance with the following rules that are designed to provide fair and equitable conditions of competition and promote uniformity in the sport so that no swimmer shall obtain an unfair advantage over another.

I. OBJECTIVE

The Northwest Aquatic League ("NWAL" or "League") is a federation of teams organized to foster competitive swimming and good sportsmanship.

II. ELIGIBILITY

The goal of the NWAL is to promote a competitive program for community swimmers. The intent of the following rules regarding team representations is to promote the community concept and at the same time make provisions for situations where NWAL swimmers' families are Members of a Club or reside in an area that does not have a community team.

"Community" is defined as a local neighborhood entity that may include subdivisions, villages, unnamed areas, or aggregates of these up to and including cities. A "Club" is defined as a commercial business that may include country clubs, health clubs, YMCA's, etc.

"Member of a Club" means:

One who has paid a club's normally charged initiation, annual or monthly fees and is entitled to full use (for class of membership) of the facilities year round (this specifically excludes swim team only memberships and clubs without other substantial facilities which would induce membership).

- A. A swimmer who lives in a community represented by a NWAL swim team shall swim for the community team except as provided below:
1. If a swimmer is also a Member of a Club represented by the NWAL, or resides in more than one community represented by the NWAL, the swimmer may choose the team he or she wishes to represent, but the swimmer shall represent the same team throughout the swim season.
 2. If the swimmer's family is not a member in good standing of their community team, and if the community team does not

offer swim team only memberships to community residents, then the swimmer may swim for an NWAL team for which he or she may qualify for membership.

- B. Any swimmer who lives in the area covered by the NWAL but does not live in a community represented by a NWAL team, may join an NWAL team for which he or she meets that team's membership requirements. In this case a swim team only membership will be allowed.
- C. Paid coaches are ineligible to swim in the NWAL.
- D. Coaches' children may swim with the team their parents coach, providing they receive NWAL Board approval and meet that teams' membership requirements.
- E. Only NOVICE SWIMMERS may participate in the League. A NOVICE SWIMMER is any individual up to and including eighteen (18) years of age who does not participate in USA Swimming competition from the beginning of the NWAL season until the end of the NWAL season.
1. The NWAL season begins on the Thursday before the first sanctioned NWAL meet and ends on the Monday after the Divisional Meets.
 2. This rule is not intended to preclude any types of organized practice.
 3. This rule specifically precludes a USA Swimmer from swimming part of the NWAL Season in the League and then returning to his/her USA Team. A registered NWAL swimmer who participates in a USA Swimming meet during the NWAL season is ineligible for any further NWAL competition in the current and future seasons unless reinstated by the NWAL Board.
- F. Eligibility for an age group is determined by the individual age as of the end of the day on May 31 of the current year.
- G. The violation of any of the above entry requirements may result in forfeiture of each meet in which an ineligible swimmer participated. [Note: The score of a forfeited meet, regardless of the reason for the forfeit, shall be 330 to 328.] Violations determined by the NWAL League Officers to be willful or premeditated shall result in additional disciplinary action up to and including expulsion of both swimmer and team from the League.
- H. To maintain a stable environment for team competition, it is expected that swimmers and their families shall not seek, nor be encouraged, to change NWAL teams except as an incident of a move of the family residence. The NWAL's eligibility rules are

established with this purpose in mind, recognizing that an individual's opportunity to participate on a particular team shall be appropriately balanced against the League's legitimate interest in maintaining stability and competitive fairness within the League. The NWAL Board may investigate and provide appropriate sanctions with regard to any instances that it deems may affect the stability and competitive fairness of the League.

- I. Requests for eligibility waivers or exceptions shall be approved unanimously by the teams in the swimmer's requested Division and the swimmer's original team no later than two weeks prior to the official start of the NWAL season. An eligibility waiver request form is posted on the NWAL web site. The following are suggested exceptions that the Division(s) may consider:
 - Swimmer displaced by the forming of a new team
 - Recent family move to a new community
 - Swimmer zoned to a school in a different community
 - Work-related transportation issues
 - Swimmer previously given permission to swim on wrong team.

- J. Any waiver requests not approved by the affected Division may be appealed to the NWAL League Officers. All eligibility waivers approved at the Division level shall be submitted to the NWAL League Officers, who have the authority to override any eligibility waiver decisions made at the Division level in order to maintain consistency across the League. All appeals and Division-approved waivers shall be submitted to the League Manager no later than Two weeks prior to the start of the NWAL season. All approved waivers shall be recorded by the League Manager no later than the start of the NWAL season. All approved waivers are considered to be permanent unless there is a change in the swimmer's eligibility circumstances

- K. Any team, which contests the validity of a submitted waiver, must provide documented proof to the satisfaction of the NWAL League Officers that the exception for the waiver is invalid or false.

III. LEAGUE RULES AND POLICIES

A. DIVISION PLACEMENT

1. The League consists of divisions.
2. Teams shall be assigned to each division by the NWAL Board.
3. Teams that complete and timely return the Annual Survey at the end of the season shall have priority within their division in selecting their dual meet schedule for the following season. They shall also receive a 5% discount on their League Dues for the following season.
4. A team representative shall represent each team on the division and league level. The Team representative may only represent one team. Team representative duties are listed in the back of the rulebook

B. ENTRIES, EVENTS AND SEEDING

1. EVENTS AND LENGTH OF COURSE

- a. Length of course by age group are as follows:

Age Group	Strokes	Distance
6 & Under, 7-8	Free, Back	25
	Free Relay	100
8 & Under	Breast, Fly	25
	Medley Relay	100
9-10	Free, Back, Breast, Fly	25
	Free and Medley Relay	100
10 & Under	Individual Medley	100
	Free, Back, Breast, Fly	50
11-12, 13-14, 15-18	Individual Medley	100
	Free and Medley Relay	200
13-14, 15-18	Free	100

- b. Order of Events: (See Appendix A for details)

1	100 Free	5	Breast	9	Free Relays
2	6 & Under Free Relay	6	Individual Medley	-	-
3	Medley Relay	7	Back	-	-
4	Free	8	Fly	-	-

Start with the youngest boys in each classification and work up through age groups alternating boys and girls events.

2. NUMBER OF EVENTS A SWIMMER MAY ENTER

- a. Swimmers may enter no more than three (3) individual events. Swimmers may move up age groups providing they adhere to the above limitations, and remains in the upper age group throughout the entire meet. Swimmers may not swim more than 1 freestyle relay and 1 medley relay.
- b. An event is defined by the stroke, gender and age group. For example, 9 & 10 Boys Freestyle is an event. Freestyle alone is not classified as an event. This means there are 78 events in a meet.

3. RELAY ENTRIES

a. Dual Meets\

- i. A club may enter up to three (3) teams in each relay event. **Only one (1) Relay Team** entered is eligible to score points. (See Sec 6 Scoring)
- ii. Relay teams shall have at least four names listed and an official time (see III.5.a for establishing official time)
- iii. All swimmers listed on the official entry list are automatically alternates for both relays in their respective age groups. Alternates may be substituted for the relay members listed on the official entry list.
- iv. If a team enters more than one relay in an event, the members of each relay team are considered alternates to the other relay teams in that event.
- v. The swimmers actually swimming the relay shall be recorded on the entry card at the ready bench.

a. Divisional Meets

- i. **A club may only enter one (1) team in each relay event.**
- ii. **Relay teams shall have at least four names listed and an official time (see Rule III.5.a for establishing official time)**
- iii. **All swimmers listed on the official entry list are automatically alternates for both relays in their respective age groups. Alternates may be substituted for the relay members listed on the official entry list.**
- iv. **If a team enters more than one relay in an event, the members of each relay team are considered alternates to the other relay teams in that event.**
- v. **The swimmers actually swimming the relay shall be recorded on the entry card at the ready bench.**

4. THE ENTRY LIST IS THE OFFICIAL ENTRY.

The Team Manager data (*.cl2 files) and Team Manager export entry list shall be exchanged by Thursday at 6:00 P.M. Exchanges (hard copy, e-mail, FTP and or other means of file transfer) shall be done simultaneously. Hard Copy exchanges shall be accompanied by an electronic file transfer using data diskette or other medium. Failure to exchange at the agreed time may be classified as unsportsmanlike conduct, and be subject to sanction by the League Officers.

- a. If, as a matter of convenience, both team officials agree to an exchange of data at time other than the 6:00 P.M. deadline, then the lists become official at the time of exchange and no modifications shall be allowed except as normally provided for during the scratch meeting. If discrepancies are discovered before the meet begins that are clearly due to human error, the referee has the discretion to make any adjustments as long as written documentation has been presented.
- b. The Team Manager entry lists exchanged on Thursday are the official entry lists in the event that discrepancies in entries arise after the entries are exchanged.
- c. A conversion factor of 1.11 shall be used whenever times need to be converted from yards to meters. Yard times shall be meter times divided by 1.11 and meter times shall be yard times multiplied by 1.11
- d. Hy-Tek Ltd's Meet Manager (MM) and Team Manager (TM) are the prescribed software. Teams shall update both MM and TM regularly during the season, and ensure that PRIOR to data exchange that both and or all teams are using compatible (latest) revisions.

5. SEEDING

a. GENERAL

All entry lists and seeding cards shall have the fastest Official Times listed on them. An Official Time is one that was swum without disqualification at a meet which was sanctioned by the NWAL in the current season. Non-official times may be used for an event (or a stroke on a relay) only when the swimmer has not established an Official Time in the current season. If a non-official time shall be used, it shall be established at a time trial. Split times are NOT official times. Official Times shall be used for all divisional meet entries, including relay entries.

Entry times for invitational meets shall be official times obtained during an NWAL meet or sanctioned invitational. The seed time for relays shall be established by adding the fastest official times of the individual swimmers for the stroke they are swimming in the relay.

Entries submitted with NO TIMES (N/T) SHALL NOT BE ALLOWED.

If a team seeds swimmers by other than their fastest Official times it shall be declared Unsportsmanlike conduct and the team shall be penalized by having each swimmer entered improperly losing any points earned in that event.

Swimmers shall be placed so that a heat progression occurs from slowest to fastest. The last heat should be composed of the swimmers with the fastest submitted times, the next to the last heat composed of the next fastest swimmers, etc.

The last heat should always be swum full. If there are not enough swimmers for all heats to be full, the first heat should be "short". No heat should be seeded with fewer than three swimmers but subsequent scratches may reduce the number to less than three. If the first heat would have only one or two swimmers, advance one or two from the outside lanes in the second heat to assure the minimum of three.

i. SEEDING BY TIME (Mandatory for ALL Meets)

Submit seeding times for each swimmer and relay teams. Start with the fastest times in the first lane indicated and proceed to the slowest swimmer in the heat as indicated below:

Lanes	Seeding
4	2,3,1,4
5	3,4,2,5,1
6	3,4,2,5,1,6
7	4,5,3,6,2,7,1
8	4,5,3,6,2,7,1,8
9	5,6,4,7,3,8,2,9,1

ii. SPLIT TIMES

Split times cannot be used in seeding a meet.

6. SCORING

a. GENERAL:

i. Places shall be awarded on a time basis. If the time of relay teams or swimmers are identical, those swimmers or relay teams shall be declared tied. The fastest and succeeding times shall place the order of finish.

ii. When two or more competitors tie, the points of the places involved shall be added together and equally divided among the tied participants.

iii. When an individual or relay team is disqualified, the following places move up in order of finish.

iv. No event points or event ribbons shall be awarded to the disqualified entry or team.

v. Total number of first places decides the winner if both teams are equal in total points, total number of second places decides if score is tied and number of first places is equal, etc.

b. DUAL MEETS:

i. Individual Events: 5-3-1
(1st, 2nd, 3rd place respectively)

ii.

ii Relays: 5-2 (A team may only score relay points for one place. If one team wins both 1st and 2nd place then only 1st place (5 points) shall be awarded)

c. OTHER THAN DUAL MEETS:

Teams	Scores (All events)
3	4-2-1
4	5-3-2-1
5	6-4-3-2-1
6	7-5-4-3-2-1
7	8-6-5-4-3-2-1

C. STARTING TIME for all meets shall be 8:30 A.M. on Saturday, unless mutually agreed otherwise by the team representatives.

D. RULES FOR ENDING A MEET

a. Within 15 minutes after the last heat of the last event, the Referee shall verify the score and if found correct, sign the score sheet, thus establishing the Official Score which

shall not be changed later, unless within 24 hours after the completion of the meet a team representative brings to the attention of the meet referee or an NWAL Officer an error which affects the outcome of the meet.

- b. If the Referee neglects to sign the Official Score sheet (Host Team) after a meet, the results as indicated on the score sheet become official 15 minutes after completion of the last heat of the last event and they shall not be changed later, unless within 24 hours after the completion of the meet a team representative brings to the attention of the meet referee or an NWAL Officer an error which affects the outcome of the meet.
- c. For Dual meets, the host team shall send the full electronic results from Meet Manager (*.cl2 and *.mdb files (zipped) + results as an HTML document). and score of the meet to the NWAL League Manager within 48 hours of the conclusion of the meet. Failure to provide the results within this deadline shall be considered unsportsmanlike conduct, and shall result in disciplinary action at the discretion of the NWAL League Officers.

E. TEAM ROSTERS

1. Each team shall maintain a current roster of all swimmers participating in League sanctioned activities and submit a copy of the roster to the League Manager prior to the first meet of the season.
2. Team Rosters shall be updated and revisions sent to the League Manager PRIOR to the next sanctioned NWAL meet for swimmers joining the team during the NWAL season.
3. Swimmers may not participate in any League sanctioned meet unless their name is on the roster received by the League Manager.
4. The League Manager may, at their discretion, require teams to submit a final roster at the end of the NWAL season.

F. SCRATCH MEETING

1. The purpose of the scratch meeting is to make adjustments on relay teams in age groups that have been reduced to fewer than four swimmers due to the failure of swimmers to show up at the meet.

2. At the scratch meeting, teams may move up from a lower age group any swimmer (of the same gender) officially entered in the meet to return relays to a maximum of four (4) swimmers, provided that after all adjustments are made, all swimmers are in compliance with rule III.B.2. "NUMBER OF EVENTS A SWIMMER MAY ENTER". This means that the swimmer shall be scratched from all individual events in which he/she was entered in the lower age group.
3. Relay swimmers who were no shows at the scratch meeting and therefore scratched to make an adjustment may not swim either relay.
4. A swimmer is not considered officially scratched from an individual event until he/she fails to report to the Ready bench.
5. Swimmers may not be entered into individual events at the scratch meeting.
6. No adjustments shall be made after the start of the meet. The fact that a relay alternate swims is not an adjustment.

G. EXHIBITION SWIMMING shall not be permitted at any meet. All participants in an event shall have an equal opportunity to compete for places, awards and team points.

H. DIVISIONAL MEETS

1. Decisions such as fee amount, awards, time, place, number of entries, use of electronic touchpads, adoption of beta rules, etc., are to be made by each Division's Team Representatives prior to the beginning of each years competition. Decisions on officials, concessions, and other incidental items shall be made by each Division's Team Representatives prior to the Divisional Meet.
2. No team shall be considered the "Home" team for a Divisional Meet.
3. In order to qualify for a Divisional Meet, a swimmer shall participate in at least two (2) of the scheduled NWAL meets during the season. "Scheduled meets" shall not include practice meets or invitational meets. In the event of inclement weather, the official entry may count as participation in a scheduled dual meet, where the meet must be cancelled and cannot be rescheduled.
4. For the Divisional meet the Division rep shall ensure that the full electronic results from Meet Manager (*.cl2 and *.mdb files (zipped) +results as an HTML document) and score of the meet are sent to the NWAL League Manager within 48 hours of the conclusion of the meet. Failure to provide the results

within this deadline may be considered unsportsmanlike conduct of all Division teams equally, and may result in disciplinary action at the discretion of the NWAL League Officers.

I. DISQUALIFICATIONS

1. A disqualification shall be made only by the official within whose jurisdiction the infraction has been committed, or by the Referee.
2. The Referee or designated official shall make every reasonable effort to seek out the swimmer and inform him as to the reason for disqualification.
3. Any swimmer who acts in an Unsportsmanlike manner may be considered for disciplinary action by the Meet Referee.
4. A swimmer shall start and finish the race in his assigned lane.
5. Standing on the bottom during backstroke or freestyle shall not disqualify a swimmer, but he must not walk, spring from the bottom, or pull on the lane ropes to gain advantage.
6. Competitors shall not wear or use any device to aid their speed or buoyancy. (No floaties or kickboards)
7. Obstruction another swimmer by swimming across **the lane** or otherwise interfering **may** disqualify the offender **at the discretion of the referee**.
8. Should a foul interfere with a swimmer, the Referee **shall offer** a re-swim **to all of the swimmers** in the heat. In case of a collusion to foul another swimmer, the Referee may, at his discretion, disqualify the swimmer for whose aid the foul was committed, as well as the swimmer doing the fouling.
9. Any swimmer, not entered in a race, who enters the pool, or course, in the area in which said race is being conducted, before all swimmers therein have completed the race, shall be disqualified from his next scheduled competition in that days session, subject to the discretion of the Referee.
10. Coaches, assistants and/or spectators shall not be allowed in the starting, turn, finish areas, ready bench area or within five (5) feet of swimming pools, or interfere with any meet official during the progress of any competition. Upon being apprised of a violation of this rule, it shall be the duty of the Referee to remove, or have such offender removed immediately.

11. Any swimmer, who is a participant in more than 3 individual events, shall be disqualified in all events including relays.
12. No team personnel, including coaches and /or spectators, shall act in an Unsportsmanlike manner. This includes any act the Referee deems poor sportsmanship, such as:
 - a. Making insulting or derogatory remarks or acts to officials or opponents;
 - b. Questioning, trying to influence, or showing disgust with an official's decisions;
 - c. Entering the water during an event in which they are not a participant.

Swimmers shall be disqualified from their event if Unsportsmanlike conduct occurs immediately before or after their event. If the conduct occurs between races, the swimmers shall be disqualified from their next scheduled event. If the conduct occurs after the swimmers' final event, they shall be disqualified from their last event. The referee may eject any team personnel from the meet for excessive unsportsmanlike conduct, including aiding or assisting another swimmer. No official or team personnel shall aid, assist, or interfere with a swimmer while competing in a race, including taking any steps to prevent a backstroker from colliding with the end of the pool. If a swimmer gains an advantage because of assistance he/she shall be disqualified from that event.

J. INSIGNIA

Participants in Northwest Aquatic League Sanctioned meets may display insignia for the Northwest Aquatic League team for which they are swimming. They may not display insignia or other items that are from any other swimming organization or team. The meet referee shall apprise the participant or the team representative that the participant is in violation of this rule, and if the participant does not comply, the participant shall be disqualified from the meet.

K. PROTESTS AND DISCIPLINARY ACTIONS

1. Protests against judgment decisions of starters, stroke, turn, and relay takeoff judges shall only be considered by the meet Referee, who has the authority to disqualify swimmers for any violation of the rules that he personally observes.
2. Any other protest arising from the competition itself shall be made to the Referee prior to the completion of the meet. If the protest is not resolved immediately, the protesting Team Representative may within 36 hours file a written protest accompanied by \$100. to their Division Representative or to a League Officer for Board adjudication at the earliest possible

time which shall then be binding on all parties. Any monies received with protests are non-refundable unless the protest is resolved in favor of the protester.

3. Until final action is determined, results of any heat, event, or meet conducted under protest, or of any protested heat, event, or meet, shall not be announced, and awards for that contested situation shall not be awarded nor scoring of points allowed unless the protest is officially withdrawn.
4. Disciplinary action taken by a referee against a coach or official shall be reported in writing to the First Vice-President before the next scheduled meet.
5. The League Officers shall have the final authority to censure or discipline team personnel.

IV. DELAY OR POSTPONEMENT OF MEETS DUE TO CLIMATIC CONDITIONS

- A. The host club may postpone a meet prior to the beginning of the meet due to unfavorable climatic conditions.
- B. Swimming competition shall immediately be suspended when thunder is heard or lightning is visible.
 1. The meet shall be suspended until 15 minutes after the last thunder was heard or the last lightning was sighted.
 2. When a meet is suspended because of lightning and/or thunder, the pool area shall immediately be cleared of all participants, officials, and spectators.
 3. When a meet in progress is suspended, the meet referee and both team representatives shall meet prior to leaving the facilities to determine what course of action to pursue.
 4. Delayed meet postponed.
 - a. Team representatives may mutually agree to postpone any meet that has been suspended due to climatic conditions.
 - b. A meet suspended for 2 hours in the aggregate shall be considered postponed unless both team representatives agree otherwise.
- C. Re-scheduling of postponed meets is by mutual agreement.
 1. In the event that team representatives cannot mutually agree to a date to reschedule a dual meet, the following procedure shall be implemented:

- a. The host team shall present three (3) dates prior to the next scheduled meet that the facility shall be available to reschedule the meet.
- b. The visiting team shall select one of the dates to reschedule the meet.
- c. In the event that the facility is not available, or if by mutual agreement the meet is not rescheduled, the meet shall be declared a draw. In that event each team shall be awarded one half of the total points for the meet (329 for a dual meet).
- d. If a dual meet has progressed through event 58, and is suspended due to unfavorable climatic conditions, the meet is considered complete, no reschedule is necessary, and the score stands through the last event completed.

2. Divisional meets shall be rescheduled and completed through event 78.

- D. If other pool conditions such as water quality make it unsafe or inadvisable to swim, the meet shall be postponed and rescheduled as necessary using an approach consistent with the rules in this Section.
- E. When it is detected in an individual event that a swimmer is bleeding, has an open wound or an excessive amount of blood on the swimsuit, the swimmer may not compete in another event until proper treatment has been administered. When this occurs prior to the start of a relay race, the start shall be delayed while the swimmer receives proper treatment or is replaced by another eligible swimmer. Once a relay race begins and blood is detected in the starting area or on a swimmer who is not in the water (except the fourth swimmer when in the water), the race shall be stopped. The area and swimmer shall be properly treated and the race re-swum after an appropriate recovery period. If the bleeding cannot be stopped, the wound is not properly covered or there is no eligible substitute the relay team shall not swim

V. OFFICIALS AND DUTIES

A. MEET OFFICIALS: For all swimming meets there should not be less than the following:

1 Referee	4 Stroke and Turn Officials
1 Starter	1 Announcer
1 Chief Timer	1 Clerk of Course
2 Alternate Timers	1 Computer Person
3 Timers per lane	2 Ribbon Writers - 1 from each team

An individual may act in more than one capacity when necessary.

B. ON-DECK OFFICIALS' ATTIRE

While officiating during any regularly scheduled NWAL swim meet, including Divisional Meets, Referees, Stroke and Turn Officials, and Starters shall wear all-white clothing which bears no writing, symbol, insignia, or other mark identifying the official's NWAL swim team affiliation. NWAL Board approved shirts with NWAL insignia may be worn on deck by qualified officials.

C. CERTIFICATION AND RECERTIFICATION REQUIREMENTS.

1. CERTIFICATION OF NEW OFFICIALS.

Candidates for certification shall be at least 19 years old.

a. Lectures.

Candidates for certification as Referees, Stroke and Turn Officials, Starters and Clerk/Computer shall attend a scheduled lecture for each level of certification they attempt during the year that they attempt to be certified.

b. On-deck training.

Candidates for certification as Referees, Stroke and Turn Officials, Starters shall attend a scheduled on-deck training session appropriate for the level of certification they are attempting. Clerk/Computer does not require on-deck training.

c. Tests.

Candidates for certification as Referees, Stroke and Turn Officials, and Starters shall take a test and pass the test with the following:

Referee	85% correct
Stroke and Turn	90% correct
Starter	90% correct
Clerk/Computer	No test

The written examination may be attempted only once in each certification year.

d. Provisional Status.

When a candidate has successfully completed all of the requirements for lectures, on-deck training, and testing, the candidate shall be awarded Provisional status. The provisional official shall be required to work a portion of three meets under the supervision of a certified Referee, and to that Referee's satisfaction. The Provisional official shall return proof of completion of Provisional status to the Chairman of the Training and Certification Committee within one month of the final NWAL Scheduled meet for the season in order to become a fully certified official. Any Provisional official who does not complete this requirement shall revert to their previous level and shall be required to certify as a new official at the level they were Provisionally Certified. Clerk/Computer shall not require a provisional certification.

2. REFEREE

In addition to the above rules, candidates for Referee shall have a minimum of one (1) year prior experience as Certified NWAL Stroke and Turn Officials and Starters. Hardship waivers of the 1 year prior certification requirement shall be requested by the Referee candidate in advance of the beginning of the NWAL season. Waiver requests shall be decided by the Chairman of the Training and Certification Committee.

3. RECERTIFICATION OF OFFICIALS

Recertification of Referees, Stroke and Turn Officials, Starters and Clerk/Computer is required **YEARLY**. Recertification procedures shall be determined by the Chairman of the Training-Certification Committee.

4. EXPIRED CERTIFICATION

Any official who lets his or her certification expire may only be recertified by meeting the requirements for certification as a new official.

D. SELECTION REQUIREMENTS.

1. Only NWAL certified Referees, Stroke and Turn Officials, Starters and Clerk/Computer shall officiate at regularly scheduled swim meets in the NWAL, including the Divisional Meets and Invitational Swim Meets.
 - a. Teams without a certified Referee and assigned a "Provisional" Referee by the Training and Certification Committee may only employ this official if:
 - i. The team is unable to secure a certified Referee from another team in the NWAL.
 - ii. The team's opponent elects not to place their certified Referee on deck.
 - b. Teams without a sufficient number of Stroke and Turn Officials to handle their assignment coverage shall allow the opponent to use their certified officials.
 - c. If both teams do not have sufficient number of Officials to handle the coverage, then both shall mutually select persons at large to officiate the strokes and turns, in equal numbers.

E. ARRIVAL TIME: The officials shall be expected to arrive 30 minutes prior to the meet for the official meeting.

F. DUTIES OF OFFICIALS

1. REFEREE

- a. Shall have full authority over all Officials and shall assign and instruct them. Shall enforce all the rules and shall decide all questions relating to the actual conduct of the meet, including eliminating any behavior by official, coach, competitor or spectator that interferes with the operation of the meet by means of, but not limited to, suspension of the meet or forfeiture.

May overrule any meet official on a point of rule interpretation, or on a judgment decision pertaining to an action, which he has personally observed (except for relay takeoffs in meets using dual confirmation). He shall also disqualify swimmer(s) for any violations of the rules that he personally observes. The Referee may remove from the meet area immediately any person for Unsportsmanlike conduct.

- b. Shall signal the Starter that all of the Officials and swimmers are in position, that the course is clear, and that

the competition may begin before each race. Shall be in position at the starting end of the pool to insure that a fair start has been achieved for each race, this may include activating a recall device or instructing the starter to recall a race whenever a fair start has not been achieved. Shall carry a sounding device (recall gun or whistle) and be prepared to use it to recall unfair starts that he has observed.

- c. Shall give a decision on any point where the opinions of the Officials differ. Has the authority to intercede in the competition at any stage, to insure that the racing conditions are observed.
- d. May at his/her discretion prohibit the use of any noisemaker or light, whether natural or artificial, that he/she feels would interfere with other swimmers during a meet.
- e. Shall prohibit the use of tobacco products in the ready bench area, finish, or starting area of the swimming pool deck.
- f. Shall prohibit the use of alcoholic beverages in the vicinity of the meet.
- g. Shall, in those situations where an individual is unable to comply with the literal meaning of a rule by reason of a physical handicap, interpret the rule in such a way as to allow the individual to comply so long as no advantage or disadvantage is conferred upon other competitors or that individual. Specific guidelines for officiating swimmers with disabilities are posted on the NWAL website.
- h. Shall prohibit the use of videotape review.
- i. An individual may not act simultaneously as the Team Representative and the Meet Referee.

2. STARTER

a. PREPARATION

- i. The Starter shall be equipped with an electronic starting device and/or a starting gun and cartridges. An electronic starting device or gun shall be used to start all League meets. If the device or gun malfunctions, an electronic horn or whistle may be used if a backup device is not available.

- ii. The Starter shall station himself within ten (10) feet of the starting end of the pool at a point where the starting device is clearly visible to the timers, and the device horn easily heard by the starting swimmers.
- b. START
 - i. Forward Starts -- Upon completion of the previous heat, the Starter shall direct swimmers to "step up" (either onto the starting blocks or toward the front edge of the deck).
 - ii. Backstroke and Medley Relay Starts – The Starter shall direct swimmers to "step in" (the water feet first). Any swimmer who does not enter the water feet first may be disqualified by the Referee or Starter.
 - iii. Upon receiving a clearance signal from the Referee, the Starter assumes full control of the swimmers until a fair start has been achieved.
 - iv. The Starter shall notify swimmers of:
 - (a) Distance and stroke
 - (b) Stroke(s) to be used and the order swimming them (for relays and individual medley).
 - (c) Relay swimmers shall leave the pool immediately after finishing their leg of the race. This is a rule and not an option.
 - v. The Starter shall direct swimmers to "Take Your Mark" to which they shall respond at once by assuming a starting position. In all strokes except Backstroke, the feet, hands, and body may be placed in any desired position on the starting platforms or blocks. Sufficient time should follow direction to enable swimmers to assume their starting positions, but no swimmer shall be in motion immediately before the starting signal is given.
 - vi. When all swimmers are stationary in a starting position, the Starter gives the starting signal.
 - vii. If, in his opinion, a false start has been committed, he shall recall the swimmers using a second signal from the starting device, whistle, recall rope, or pistol shot. The false start shall be called on an individual and not on the field. Any swimmer charged with two false starts shall be disqualified and shall not swim the event.
 - viii. The Starter implements the starting rules as modified by the Referee for handicapped swimmers.

Specific guidelines for officiating swimmers with disabilities are posted on the NWAL website.

c. DELIBERATE DELAY OR MISCONDUCT

Any swimmer, after stepping on the block or upon taking a holding position, who delays the start by entering the water or willfully disobeys an order at the start, or for any other misconduct at the start, may be disqualified from the event by the starter.

d. FALSE STARTS

i. A swimmer who unnecessarily delays in assuming and holding a stationary starting position after the command "Take Your Mark" shall be charged with a false start.

ii. When a swimmer leaves his mark after the command "Take Your Mark" and before the starting signal is given, he may be charged with a false start. All other swimmers shall immediately be released by the starter with the command "Stand up". Any swimmer leaving his mark may be charged with a false start.

iii. When the starting signal is given and one or more swimmers have obtained an unfair advantage, all swimmers shall be recalled at once by a second signal. The starter shall then indicate the swimmer(s) to be charged with a false start.

iv. In Backstroke or the Medley Relay, the starter may charge a false start to any swimmer who fails to maintain his feet and/or hands in a legal position.

v. A swimmer shall not be disqualified for an illegal starting position at the start if the starter has permitted the race to proceed without immediate recall. Enforcement of the correct starting position is the responsibility of the starter, who may impose the appropriate penalty for violation before the race.

vi. A swimmer who fails to appear at the starting blocks in time for the initial start shall not be permitted to enter the race even if a false start should be declared on the first, second, or later start, and shall be disqualified. The initial start is defined as the point at which the Referee signals the Starter that the race may begin.

vii. No false start shall be called due to the malfunction of the Officials equipment or the distracting action of an Official.

3. STROKE AND TURN OFFICIALS

Shall have jurisdiction over the swimmers immediately after the race has begun.

a. STROKE OFFICIALS

Shall operate on both sides of the pool, preferably walking abreast or slightly behind the swimmers during all strokes except Freestyle; insure that the Rules relating to the style of swimming designated for the event are being observed; and report, as instructed at the Officials Meeting, any violations to the Referee.

b. TURN OFFICIALS

Shall operate on both ends of the pool; insure that when turning or finishing, the swimmer complies with the turning and finishing rules applicable to the stroke used; and report, as instructed at the Officials Meeting, any violations to the Referee.

c. JURISDICTION OF STROKE AND TURN OFFICIALS

Before the competition begins, the Referee shall determine the respective areas of stroke and turn responsibility and jurisdiction, which may include joint, concurrent and coordinated responsibility and jurisdiction. The Referee shall insure that all swimmers shall have fair, equitable and uniform conditions of judging.

d. RELAY TAKE-OFF OFFICIAL (Designated by the Referee)

Relay Takeoff Judges shall assume a position at the takeoff end(s) of the pool where they shall clearly see first the feet on the takeoff of the departing swimmer, then the touch of the incoming swimmer's hand, and shall judge whether the swimmer is in contact with the platform or pool deck when the incoming swimmer touches the end of the pool.

For divisional or other championship meets, two inside Relay Takeoff Judges shall be positioned between the middle two lanes facing in opposite directions toward the sides of the pool. A side Relay Takeoff Judge shall be positioned on each side of the pool facing inward. The judges shall independently record takeoff infractions in writing without the use of an infraction hand signal. Upon observing a takeoff violation, the side Relay Takeoff Judge shall wait until the last swimmer of the heat within his jurisdiction has entered the water before signaling an observed infraction by raising a hand, with palm open, overhead. The Referee or designate(s) shall then compare recorded infractions. The

relay team shall be disqualified only if the two Relay Takeoff Judges have recorded the same violation.

For dual meets, a minimum of two Relay Takeoff Judges are required for each end of the pool, and the use of dual confirmation is at the discretion of the Referee.

e. INFRACTION SIGNAL

Upon observing an infraction within their jurisdiction, Stroke and Turn Officials shall immediately raise one hand over head with palm open. However, failure to raise the hand does not invalidate a disqualification, subject to the Referee's discretion.

4. TIMERS

In any race the time shall be taken by three Timers, stationed at the finish. These Timers are the Official Lane Timers, and their times shall be used to determine the Official Time on the lane. The order of finish is based on Official Times. The order of finish of a heat may be changed by the Referee who has personally observed the finish of the race. The Referee SHALL have complete confidence in the finish of the race in order to overrule the Official Times. The Official Time of the swimmer whose order of finish was changed shall be adjusted to reflect the proper order of finish by adding or subtracting .01 second to the nearest Official Time.

Alternate Timers may substitute for Official Lane Timers only in the event of failure of a watch or its operator.

a. DETERMINING OFFICIAL TIME

i. Use of three (3) watches per lane: If two (2) watches agree, this time shall be the Official time. If none of the watches agree, then the intermediate time shall be the Official time.

ii. If only two (2) watches are operable in a lane, the readings shall be averaged, and if the result includes a thousandth of a second, it shall be rounded up to the next slowest hundredth of a second. This average shall be the Official Time.

iii. If a reading from only one (1) watch in a lane is obtained, it is the Official Time.

iv. If no watch times (including those from alternate timers) are available on a lane, the Official Time shall be determined (by the Referee) by adding or subtracting 0.01 second to the nearest Official Time in the heat based on the observed order of finish. If no order of finish is available, the

Referee may use an unofficial watch time, or offer the swimmer the option of re-swimming the event.

NOTE: In all rules herein concerning timing, the word "watch" shall mean any mechanical or electrical timing device that is either stopped or started by an Official. If Automatic or Semi Automatic timing systems are used, the host team shall follow standard NWAL written procedures that describe how to determine whether a malfunction may have occurred and when back up times shall be used. These procedures are available on the NWAL website.

b. CHIEF TIMER

i. Assignment of Timers to lanes shall be the responsibility of the Chief Timer.

ii. The Chief Timer shall be responsible for delivery to the Scorers of all Official Times as reported to him by the Head Lane Timers, including the times of disqualified swimmers.

c. HEAD LANE TIMER

The Chief Timer designates one Timer on each lane as the Head Lane Timer. The Head Lane Timer shall be responsible for the following:

i. Determination if the proper swimmer is in his lane and in position visible to the starter.

ii. Determination of and recording of all watch times.

d. LANE TIMERS

The Timers shall be placed directly over their assigned lane at the finish.

i. Each Timer shall look at the strobe light (or starter's gun if used) and start his watch at the instant of the strobe flash (or gun flash or smoke), never by sound.

ii. All watches shall be stopped immediately when in the opinion of the Timer any part of the swimmer's body touches the solid end of the pool or course.

NOTE: It is not the responsibility of the Lane Timer to judge if the finish touch meets the requirements of the appropriate stroke rule.

iii. All Lane Timers shall promptly report their times to the Head Lane Timer or his designate, present their watches for inspection if required, and shall not clear them until given the "Clear Watches" command by the Referee.

iv. The time of each watch is recorded by the Head Lane Timer, or designated Scribe, on the Lane Timer's card, and the Official Time of the lane established as provided above.

v. Timers should report the times from their watches in the same order on the card for each heat.

e. ALTERNATE TIMERS

There shall be at least two (2) Alternate Timers, whose time shall be used only as a substitute in the event of failure of an Official Lane Timer's watch or its operator.

5. COMPUTER PERSONNEL

a. Shall be provided with NWAL software and be responsible for each team's swimmer data.

b. Shall be instrumental in ensuring that meet entries use the correct time for each swimmer's events.

c. Shall be provided with the meet entries for each upcoming meet.

d. Shall be provided with an area where times and results are collected after each event.

e. Shall be responsible for entering the meet information during the swim meet.

f. Shall record the times of each swimmer in all events as given by the Chief Timer or his designate. They shall also record disqualifications.

g. Shall present the final score to the referee at the conclusion of the meet.

6. CLERK OF COURSE

a. The Clerk of Course shall be provided with an area where all swimmers shall report as soon as their event is called.

b. He/she shall be provided with the official entry list as revised at the scratch meeting.

c. All scratches, which have occurred after the printing of the heat sheet, shall be reported to the Clerk of Course and he/she shall notify the Referee and Scoring desk in writing of the failure of any swimmer to report.

d. He/she shall be provided with one assistant from each team and shall assign them such duties as will assist in the prompt dispatch of the events.

- e. He/she shall notify each swimmer to wait behind or adjacent to the starting area until the Starter takes over control of the race.

7. ANNOUNCER

Before the start of the meet the Referee may be introduced and clearly identified. The Referee may make any announcements regarding any section of the rules he wishes to emphasize.

Explanation of decisions regarding protests should be announced via the public address system. Before the start of each event the number of heats may be announced. After the finish of each event the results may be announced as provided by the scorer. Any other announcements may be made as requested by the Referee, the Clerk of Course or the Management. The announcer shall not announce the final score until Rules for ending a meet have been completed.

VI. EQUIPMENT NEEDED

- A. A public address system for control of the meet is highly recommended.
- B. An electronic starting device or starting gun shall be used to start all League meets. If the gun or electronic starting device malfunctions, an electronic horn or whistle may be used if a back-up device is not available.
- C. Number of ribbons needed:
 - first six places in individual events
 - first place relays
 - heat ribbons are suggested

VII. FACILITIES

A. REQUIRED

1. COURSE SHALL BE FREE OF OBSTACLES

All ladders, steps, stairs or other projections shall be recessed or removed when possible. Any team shall have the option of refusing to swim in the lane where such projections present, in their opinion, unsafe conditions for their swimmers.

2. POOL AND BULKHEAD MARKINGS

The top edge of deck level pools shall be marked with a contrasting color to provide a visual target at the end of the pool.

Towels may be hung as targets at the request of any team in lieu of permanent targets.

3. STARTING PLATFORMS (Blocks)

The blocks shall comply with each of the following requirements; otherwise forward starts shall be from the deck. This is a requirement not an option.

- a. The surface of the starting platform shall be no less than 20 inches square and the maximum slope toward the pool not more than 10 degrees from the horizontal.
- b. The top shall be covered with a non-skid material.
- c. Firm starting grips, flush with the end of the pool, for Backstroke starts shall be placed 11 3/4 inches to 31 1/2 inches above the surface of the water.
- d. The platform may be flush with the end of the pool.
- e. Height above the Water Line.
 - i. The front edge of the starting platform shall not exceed 30 inches in height above the surface of the water if the depth of the pool at that end is 4 feet or more.
 - ii. The front edge of the starting platform shall not exceed 18 inches in height above the surface of the water if the depth of the pool at that end is less than 4 feet.
 - iii. In pools with water depth less than 3 feet 6 inches at the starting end, the swimmers shall start from the deck. With the referee's permission, a swimmer may start in the water. The swimmer shall be motionless and have at least one hand in contact with the starting platform or end wall. A backstroke start is not permitted except on backstroke events.

Water depth at starting end	Max. Height of Blocks above water surface
4 feet or more	30 inches or less
3 ½ feet to less than 4 feet	18 inches or less
3 feet to less than 3 ½ feet	start on deck

4. LANE LINES AND ANCHORS

Permanent provisions shall be made to anchor lane lines at the water level in recessed receptacles. Tightly stretched, easily visible floating lane markers shall be provided for all meets. The color of the floats for 15 feet from each end shall be distinct from the rest of the floats.

5. BACKSTROKE FLAGS, LINES AND ANCHORS

Provisions shall be made to anchor the backstroke flag-line. At least three (3) triangular pennants of two or more alternating colors shall be suspended over each lane from a line fifteen (15) feet from each end of the swimming course. The flag-line shall be at least seven (7) feet above the water surface. Pennants shall be six (6) to twelve (12) inches in width at the base, and twelve (12) to eighteen (18) inches in vertical length.

6. Pools shall have a minimum of four (4) lanes with an individual width of five (5) feet or greater.
7. Pools shall have a minimum of three (3) feet of water at the shallowest part of the course.

B. RECOMMENDED

1. POOL AND BULKHEAD MARKINGS

Lines should be placed on pool bottoms to serve as guides for each swimmer and the color of these lines (preferably black) should be a marked contrast to the general color of the pool. Such lines should be at least 10 inches wide and placed in the middle of each swimming lane. As these lanes approach the end of the pool, it is recommended that distinctive "T" markings be placed on the bottom sixty (60) inches from the wall. It is recommended that target lines at least ten (10) inches wide be placed on each end wall of the pool, in the center of each lane, extending from the deck to at least four (4) feet below the surface water. Lanes should be numbered from right to left as the swimmer stands facing the course. Each lane should be clearly marked.

2. STARTING PLATFORMS (Blocks)

The lane number should be visible from all sides of the platform.

3. RECALL ROPE

Provisions should be made to anchor the recall rope so that it shall be suspended at least four (4) feet above the

water at its lowest point. A recall rope may be available which may be dropped across the racing lanes in case of a false start. It should be located within 36 feet from the take-off point.

4. TWO WAY RADIOS

The use of Two Way Radios for communication between Officials is recommended but optional. The use of Two Way Radios shall follow latest published NWAL guidelines available on the NWAL web site

C. NON-STANDARD POOLS

1. Where the pool does not meet the "facilities required" above and a team cannot provide them, it is a non-standard pool.
2. When a team's pool is more than + or – one (1) yard from 25 yards or 25 meters that pool is designated a non-standard pool by the NWAL.
3. Fifty meter pools are designated non-standard.
4. Pools of teams who do not respond in a timely manner to the NWAL with dimensional information are designated non-standard subject to a formal appeal to the Board of Directors.
5. All other pools, whether 25 yard or 25 meter shall be considered standard. Pools whose length in excess of plus or minus 6 inches from nominal shall receive a factor from the NWAL to be used in arriving at seeding times for Divisional Meets, to adjust their times to nominal.
6. It is the option of the team with a standard pool to decline to swim at the non-standard pool and the following procedures shall be followed:
 - a. If the standard pool team exercises that option, the standard pool team shall supply the standard pool facility for the meet.
 - b. The non-standard pool team shall have the option of acting as host team for the meet.
 - c. If the non-standard pool team exercises that option, they shall supply the Referee and the ribbons.
 - d. Whenever possible, concessions are negotiable subject to mutual agreement between both teams.

- D. TEAMS WITHOUT POOLS shall provide host officials and ribbons when hosting a meet as a visitor subject to forfeiture at the option of the team supplying the facility.

VIII. THE STROKES, RELAYS, AND FINISHES

A. BREAST STROKE

1. START

- a. Forward start

2. STROKE

- a. Body on the breast from beginning of the first arm stroke after the start and after each turn.
- b. All movements of arms shall be simultaneous and in the same horizontal plane without alternating movement.
- c. The hands shall be brought back on or below the surface of the water (during the pull) and shall be pushed forward from the breast on, above or below the surface of the water (during the recovery). Elbows shall remain under the water except for the last stroke at the turn and at the finish of the prescribed distance (butterfly recovery is not permitted at any time)
- d. The hands shall not be brought beyond the hip line, except on the first stroke after the start and each turn.
- e. Some part of the swimmer's head shall break the surface of the water at least once during each complete stroke cycle except during the first cycle after the start and each turn. The stroke cycle shall consist of one arm pull followed by one leg kick.
- f. After the start and the turn, the swimmer may take one arm stroke completely back to the legs followed by one leg kick while wholly submerged. Some part of the swimmer's head shall break the surface of the water prior to the arms beginning the recovery part of the second arm stroke which is the forward movement of the hands and thereafter some part of the swimmer's head need come above the surface of the water only at some point during the stroke cycle.

NOTE: Either a complete or incomplete movement of the arms or legs from the starting position shall be considered as one complete stroke or kick.

3. KICK

- a. All vertical and lateral movements of the legs shall be simultaneous.
- b. The feet shall be turned outward in the backward movement.
- c. A flutter kick or downward butterfly kick is not permitted.
- d. Breaking the surface with the feet shall not merit disqualification unless followed by a downward butterfly kick.
- e. A scissor kick is not permitted. (A scissor kick is defined as the use of the top of the instep of one foot and the bottom of the other foot in the propulsive part of the kick.)

4. TURNS

- a. The touch at the turn shall be made with both hands simultaneously.
- b. A legal touch may be made at, above, or below the surface of the water and not necessarily at the same level. The shoulders are not required to be in a horizontal plane after the final arm pull and prior to the touch at the turn.
- c. The head may be lowered below the water level of the pool after the final arm stroke prior to the touch.
- d. Once a legal touch has been made, the swimmer may turn in any manner desired.
- e. The shoulders shall be at or past the vertical towards the breast when the feet leave the wall. The prescribed form shall be attained from the beginning of the first arm stroke.

5. FINISH

- a. The finish touch shall be made with both hands simultaneously while the body is on the breast.
- b. The head may be lowered below the water level of the pool after the final arm stroke and prior to the touch.
- c. A legal touch may be made at, above, or below the surface of the water and not necessarily at the same level.

B. BUTTERFLY STROKE

1. START

- a. Forward start

2. STROKE

- a. The swimmer is permitted one or more leg kicks but only one arm stroke under water after the start and after each turn to bring him to the surface.
- b. The body shall be kept on the breast and both shoulders in the horizontal plane from the beginning of the first arm stroke after the start and after each turn.
- c. Both arms shall be brought forward together over the water and brought backward simultaneously.

3. KICK

- a. All up and down movements of the legs and feet shall be simultaneous.
- b. The position of the legs and feet shall not alternate in relation to one another.
- c. The use of the scissor or breast stroke kicking movement is not permitted.

4. TURNS

- a. The touch at the turn shall be made with both hands simultaneously.
- b. A legal touch may be made at, above, or below the surface of the water and not necessarily at the same level. The shoulders are not required to be in a horizontal plane after the final arm pull and prior to the touch at the turn.
- c. Once a legal touch has been made, the swimmer may turn in any manner desired.
- d. The shoulders shall be at or past the vertical towards the breast when the feet leave the wall. The prescribed form shall be attained from the beginning of the first arm stroke.

5. FINISH

- a. On the finish, the touch shall be made with both hands simultaneously while the body is on the breast.

- b. A legal touch may be made at, above, or below the surface of the water and not necessarily at the same level.

C. BACKSTROKE

1. START

- a. Swimmer shall line up in water, facing the starting end.
- b. Both hands shall rest on the end of the pool deck or on any part of the starting platform or block or on the starting block grips.
- c. Feet may be placed in any position on the end of the pool, but shall be completely submerged; toes may not be out of water.

2. STROKE

The swimmer shall push off on his back and continue swimming on his back throughout the race.

3. TURNS

- a. The turn requires that some part of the swimmer's body contact the end wall. The swimmer shall assume a position where the shoulders are at or past the vertical towards the back before the feet leave the wall.
- b. After the swimmer's head has passed the backstroke flags, the swimmer's upper shoulder may rotate past the vertical towards the breast, provided the rotation is accompanied by an initiation of the turning action or continuation into the wall. After the swimmer's shoulder has rotated past the vertical towards the breast, the swimmer may initiate the turning action with a single-arm or simultaneous double-arm pull. No additional arm pulls are permitted. Kicking and gliding actions are permitted before and after the turning action is initiated. Swimmer may touch the wall on the breast without completing a flip turn.

4. FINISH

- a. The swimmer completes the race when any part of his/her person touches the wall at the end of the pool.

D. FREESTYLE

1. START

- a. Forward start

2. STROKE

- a. In the Individual Freestyle event, the swimmer may swim any stroke he desires.
- b. In the Individual Medley or Medley Relay events, the swimmer may swim any style he desires, except butterfly, breast- stroke, or backstroke.

3. TURNS

- a. A hand touch is not required.
- b. Some part of the swimmer shall touch the solid end of the pool.

4. FINISH

- a. A legal finish occurs when any part of the swimmer touches the solid end of the pool.

E. INDIVIDUAL MEDLEY

- a. The swimmer shall swim the prescribed distance in the following order:

the first one-fourth,	Butterfly;
the second one-fourth,	Backstroke;
the third one-fourth,	Breaststroke;
the last one-fourth,	Freestyle.

- b. Rules pertaining to each stroke used shall govern where applicable. All touches are finish touches and shall be judged accordingly.

F. RELAYS

1. RULES PERTAINING TO RELAY RACES

- a. No swimmer shall swim more than one leg in any relay event.
- b. In relay races a swimmer other than the first swimmer shall not start until his team mate has concluded his leg.
- c. Any relay team member and his relay team shall be disqualified from a race if a team member other than the swimmer designated to swim that leg shall jump into or enter the pool in the area where the race is being conducted before all swimmers of all teams

have finished the race. In relay races the team of a swimmer whose feet have lost contact with the starting platform (ground or deck) before his preceding teammate touches the wall shall be disqualified. The second, third and fourth swimmers on the relay team may be in motion prior to the touch of the incoming swimmer, but no intentional movement of the feet is permitted on deck starts (no running starts from the deck). Moving from the back of the blocks to the front of the blocks is permitted provided that the swimmer does not initiate the action from the deck.

- d. In relay races each swimmer shall have finished his race when he has covered the prescribed distance and executed a legal finishing touch as prescribed in the rules pertaining to the specific stroke involved.
- e. Each relay team member shall leave the water immediately upon finishing his or her leg, except the last member.

2. FREESTYLE RELAY

- a. Four swimmers on each team, each to swim one-fourth of the prescribed distance using any desired stroke(s). Swimmers may swim in any order desired.

3. MEDLEY RELAY

- a. Four swimmers on each team, each to swim one-fourth of the prescribed distance, in the following order:

first,	Backstroke;
second,	Breaststroke;
third,	Butterfly;
fourth,	Freestyle.

- b. Rules pertaining to each stroke used shall govern where applicable. Swimmers may swim in any order desired provided the proper order of strokes is maintained.

Appendix A -- Order of Events

<u>BOYS</u>		<u>GIRLS</u>	
1.	13 – 14 100 Freestyle	2.	13 – 14 100 Freestyle
3.	15 – 18 100 Freestyle	4.	15 – 18 100 Freestyle
5.	6 & U Free Relay	6.	6 & U Free Relay
7.	8 & U Medley Relay	8.	8 & U Medley Relay
9.	9 - 10 Medley Relay	10.	9 - 10 Medley Relay
11.	11 - 12 Medley Relay	12.	11 - 12 Medley Relay
13.	13 - 14 Medley Relay	14.	13 - 14 Medley Relay
15.	15 - 18 Medley Relay	16.	15 - 18 Medley Relay
17.	6 & U Freestyle	18.	6 & U Freestyle
19.	7 - 8 Freestyle	20.	7 - 8 Freestyle
21.	9 - 10 Freestyle	22.	9 - 10 Freestyle
23.	11 - 12 Freestyle	24.	11 - 12 Freestyle
25.	13 - 14 Freestyle	26.	13 - 14 Freestyle
27.	15 - 18 Freestyle	28.	15 - 18 Freestyle
29.	8 & U Breaststroke	30.	8 & U Breaststroke
31.	9 - 10 Breaststroke	32.	9 - 10 Breaststroke
33.	11 - 12 Breaststroke	34.	11 - 12 Breaststroke
35.	13 - 14 Breaststroke	36.	13 - 14 Breaststroke
37.	15 - 18 Breaststroke	38.	15 - 18 Breaststroke
39.	6 & U Backstroke	40.	6 & U Backstroke
41.	10 & U Individual Medley	42.	10 & U Individual Medley
43.	11 - 12 Individual Medley	44.	11 - 12 Individual Medley
45.	13 - 14 Individual Medley	46.	13 - 14 Individual Medley
47.	15 - 18 Individual Medley	48.	15 - 18 Individual Medley
49.	7 - 8 Backstroke	50.	7 - 8 Backstroke
51.	9 - 10 Backstroke	52.	9 - 10 Backstroke
53.	11 - 12 Backstroke	54.	11 - 12 Backstroke
55.	13 - 14 Backstroke	56.	13 - 14 Backstroke
57.	15 - 18 Backstroke	58.	15 - 18 Backstroke
59.	8 & U Butterfly	60.	8 & U Butterfly
61.	9 - 10 Butterfly	62.	9 - 10 Butterfly
63.	11 - 12 Butterfly	64.	11 - 12 Butterfly
65.	13 - 14 Butterfly	66.	13 - 14 Butterfly
67.	15 - 18 Butterfly	68.	15 - 18 Butterfly
69.	7 - 8 Free Relay	70.	7 - 8 Free Relay
71.	9 - 10 Free Relay	72.	9 - 10 Free Relay
73.	11 - 12 Free Relay	74.	11 - 12 Free Relay
75.	13 - 14 Free Relay	76.	13 - 14 Free Relay
77.	15 - 18 Free Relay	78.	15 - 18 Free Relay

**Northwest Aquatic League
By Laws**

ARTICLE I

NAME AND LOCATION: The name of this non-profit organization is the Northwest Aquatic League. The principal office of the League shall be located in Harris County, Texas.

Meetings of members and directors may be held at such places within the State of Texas, at locations designated by the Board of Directors.

The "Core Area" of the Northwest Aquatic League encompasses an area north of Highway 90 and bordered by the proposed Grand Parkway to the East and West and by Highway 105 to the North. It also includes all teams outside this area that have remained active since 1994.

ARTICLE II

PURPOSE: This non-profit League is formed to foster competitive swimming and good sportsmanship in the youth of this area.

ARTICLE III

TEAM ELIGIBILITY: Any group with an organized swim team may apply for membership to the Board of Directors. Teams located outside of the Core Area may also participate in the league (if accepted by the Board). No team inside the Core Area shall be required to travel to meets outside of the Core Area unless it is acceptable to them.

ARTICLE IV - MEETINGS OF MEMBERS

SECTION 1

ANNUAL MEETING: The annual meeting of the team representatives shall be held each year at 7:30 P.M. on the third Tuesday of January, for the purpose of electing the Board of Directors, which shall take office at that time. A report of affairs both for the past year and the coming year shall be presented and such other business as shall properly come before such meeting.

SECTION 2

SPECIAL MEETINGS: Special meetings of the team representatives may be called at any time by the President or by a majority of the Board of Directors. A special meeting may also be called by written and signed request of one-third of the team representatives.

SECTION 3

NOTICE OF MEETINGS: Written or telephone notice of each meeting shall be given by the Secretary at the direction of the President or person authorized to call the meeting, to each team representative. Such notice

shall be given seven days prior to the meeting and shall specify date, place, hour, and purpose of the meeting.

SECTION 4

QUORUM: Business may be conducted by a majority vote of the representatives present.

ARTICLE V - BOARD OF DIRECTORS, TERM OF OFFICE, SELECTIONS AND MEETINGS

SECTION 1

BOARD OF DIRECTORS: The affairs of this League shall be managed by a Board consisting of one representative elected from each Division, regardless of number of Divisions, and a President, first Vice-President, second Vice-President, Treasurer, and Secretary.

SECTION 2

NOMINATIONS: The Divisional Board Representatives shall make up the Nominating Committee, with the President as Chairman. They shall meet prior to the annual meeting to select a slate of nominees for League Office to be presented at the annual meeting. Additional nominations from the floor shall be accepted at the annual meeting.

SECTION 3

REMOVAL: Any director may be removed from the Board with cause, by a majority vote of the Divisional Team Representatives at the regular annual meeting or a special meeting called for that purpose.

SECTION 4

VACANCIES: In the event of a vacancy for a Divisional Representative, the team representatives for that Division shall elect a new representative to the Board.

SECTION 5

REGULAR MEETINGS: The meetings of the Board of Directors shall be called by the President or a majority of Board Members but in no event less than four (4) per year. A majority of the Board of Directors shall be present to constitute a valid meeting and to vote on any business. The four meetings shall be held in January, March, October and November. Meetings of League Officers shall be held in February following the Annual Meeting; in June, prior to the mailing of the annual survey; and in September, to review the survey results.

SECTION 6

TERM: A Board of Directors shall be elected for a one-year term.

ARTICLE VI - BOARD OF DIRECTORS, DUTIES AND RESPONSIBILITIES

The Board of Directors may adopt such rules and regulations for the conduct of their meetings and management of the League, as they deem proper, but consistent with the by-laws. This may include expansion of the Core Area from time to time. However, in no case may the Board modify the Core Area to be more restrictive than described in Article I.

ARTICLE VII - OFFICERS AND THEIR DUTIES

SECTION 1

ENUMERATION OF OFFICERS: The Officers of this League shall be President, first Vice-President, second Vice-President, Treasurer, and Secretary.

SECTION 2

TERM: All officers shall be elected for a term of one year.

SECTION 3

RESIGNATION AND REMOVAL: Any Officer may be removed from office with cause by a majority vote of the Board. Any Officer may resign at any time by giving written notice to the Board, the President, or Secretary. Such resignation shall take effect on the date of such notice or at any later time specified therein, and unless otherwise specified therein, the acceptance of such resignation shall not be necessary to make it effective.

SECTION 4

VACANCIES: Should the office of President become vacant, the first Vice-President shall assume that office. Should the first Vice-President be unable to serve the second Vice-President shall assume the office of President. Should a vacancy occur in either of the Vice-President positions, the Treasurer's position, or the Secretary's position, the Board shall appoint a successor to serve for the remainder of that year.

SECTION 5

MULTIPLE OFFICES: No person shall simultaneously hold more than one of the League offices, except in the case of special appointments created pursuant to temporary positions as appointed by the President of the Board.

SECTION 6 - DUTIES OF OFFICERS

PRESIDENT: The President shall have served as an officer of the board for at least one year prior to being elected President. The President shall preside at all meetings of the Board of Directors and General Membership meetings, and shall see that orders and resolutions of the Board are carried out at Board Meetings. The President shall be an ex-officio member of all committees and shall decide all questions of procedure and order. The President shall be a referee.

FIRST VICE-PRESIDENT: The First Vice-President shall act in the place and instead of the President in the event of his absence, inability, or refusal to act, and shall exercise and discharge such other duties as may be required of him by the Board. He shall be an ex-officio member of the standing committees. The First Vice-President shall be an experienced referee and is responsible for the training and certification of all officials.

SECOND VICE-PRESIDENT: The Second Vice-President shall act in the place and instead of the First Vice-President in the event of his absence, inability, or refusal to act, and shall exercise and discharge such duties as may be required of him by the Board. He shall be an ex-officio member of the standing committees. The Second Vice-President shall be responsible for the acquisition of any new software, as well as, yearly training of the computer software volunteers for each team.

TREASURER: The Treasurer shall receive and deposit in an appropriate bank account all monies of the League and shall disburse such funds as directed by resolution of the Board of Directors. Bonding is required and because of this TWO signatures are required on any check for a payment of \$250.00 or more. Valid signatures are those of the 1st Vice President, 2nd Vice President and the Treasurer. The outgoing Treasurer shall give a report at the Annual Meeting. The Treasurer shall be responsible for distributing the yearly survey in July, and compiling the results including each team's power rating.

SECRETARY: The Secretary shall notify all Team Representatives in December of the Annual Meeting in January. The Secretary shall record the votes and keep the minutes of all meetings and proceedings of the Board and of the Team Representatives, keep appropriate current records showing members together with addresses, and shall perform such other duties as required by the Board.

ARTICLE VIII - MEMBERSHIPS, FEES, AND DUES

SECTION 1

ADMISSION: A Team shall be admitted to membership after submitting application, remitting application fee of \$100 and approval by the Board of Directors.

SECTION 2

APPLICATION: The written application shall include such information as designated by the Board, but must include a definition of the geographic boundaries of the team, which must not overlap those of existing NWAL teams without the written approval of the affected team(s) and the Board. All teams must have a current application form on file with the League. Once a new team has been approved by the Board, any proposed change in team eligibility status or change in geographic boundaries requires Board approval.

SECTION 3

FEES AND DUES: After the completion of scheduled meets for one season a portion, as designated by the Board, of the application fee shall be returned to new teams. Dues, which are separate from application fees, shall be used for operational and promotional expenses. Dues are not returnable. A team is NOT eligible to swim until annual dues are current. A late fee of \$50 per month shall be assessed after January 31 until dues are received.

SECTION 4

INACTIVE STATUS: Any team may request inactive status for a period of one year by submitting a written request to the Board of Directors. The Board of Directors shall approve all inactive teams on a year –by-year basis. Inactive teams are not considered to have resigned from the League. Teams may not remain inactive for more than three (3) years.

SECTION 5

RE-APPLICATION: Any team previously in the League, which has resigned, shall upon application, be considered a new team.

ARTICLE IX - COMMITTEES

SECTION 1

NUMBER OF COMMITTEES: There shall be one standing committee of the League, that committee being Training and Certification.

SECTION 2

ADDITIONAL COMMITTEES: The Board shall have the power from time to time to designate such other committees, and to prescribe the duties and composition thereof as may be necessary and expedient in the proper and efficient management of the affairs of the League.

SECTION 3

TRAINING AND CERTIFICATION COMMITTEE

MEMBERS: The Training and Certification Committee shall be composed of currently certified Referees appointed by the Divisions (one per Division) and currently certified Referees appointed by the President and shall serve for one year.

CHAIRMAN: The chairman of the Training and Certification committee shall be the First Vice-President.

DUTIES: The duties of the Training and Certification Committee are:

- (1) To provide Training and Certification in accordance with the rules of the League.
- (2) To assist the League in ensuring the highest quality of officiating. This committee may also make recommendations to the board for disciplinary action.
- (3) To recommend any possible rule changes for the next season to the NWAL Board of Directors.

MEETINGS: The Certification Committee shall meet as often as shall be deemed necessary in the proper supervision and conduct of the affairs within its jurisdiction.

ARTICLE X - EXPULSION, CENSURE, FINE, SUSPEND

The Board, by 2/3 vote, may expel, censure, or suspend any team for one year. The team shall receive written notice prior to such action, and may appeal at a special meeting or Annual Meeting. A 2/3 vote at the special meeting or Annual Meeting shall be needed to reverse the Board Rule.

ARTICLE XI - SUSPENSION AND AMENDMENTS

SECTION 1

SUSPENSION: These by-laws may be suspended at the Annual Meeting or a special meeting by a majority vote of those present.

SECTION 2

AMENDMENTS: These by-laws may be amended at the Annual Meeting or a special meeting by a 2/3 vote of those present.

DIVISION REPRESENTATIVE - Job Description

METHOD OF SELECTION: Selected by the Team Reps of the division usually at the annual meeting in January. May or may not be one of the team reps. **THE DIVISION REPRESENTATIVE DOES NOT HAVE A VOTE ON DIVISION MATTERS (EVEN IN CASE OF A TIE) EXCEPT IN HIS/HER CAPACITY AS A TEAM REPRESENTATIVE.**

TERM: One year - January meeting to January meeting.

QUALIFICATIONS:

- Desire to represent the teams in the division on the NWAL Board (decision making body of the league).
- Knowledge of the NWAL operations and rules (referee certification is desirable).
- Experience as a team rep and/or experience on the board of a team.
- Ability to work with people in resolving disagreements.
- Willingness to attend NWAL Board meetings (usually 4 or 5 per year).
- Willingness to communicate by phone or in writing with team reps and league.
- Time available to do the job.

GENERAL RESPONSIBILITIES:

1. Serve as a voting member of the NWAL Board of Directors representing the division.
2. Call and conduct meetings of team reps for your division.
3. Serve as the first line of contact to settle disputes that may arise between teams within your division.
4. Serve as the liaison between the NWAL board and team reps passing along last minute telephone messages.
5. Serve as the centralized reporting point of the division for information required by the league e.g.:
 - Dual meet scores and divisional meet results-to be turned in to the League Manager within 48 hours after day of Divisional meet.
 - Collection of funds for divisional medals.

SPECIFIC DUTIES AND CALENDAR:

The following suggested calendar shall serve as a guide for accomplishing the specific duties of the Division Representative.

DIVISION REPRESENTATIVE- Suggested Calendar

January - Attend annual meeting. Help Team Reps accomplish the Division business at the annual meeting.

- Conduct the draw for the dual meet schedule.
- Secure a host for the divisional meet.
- Assure that all NWAL forms are completed correctly.
- Answer questions.

February - Call and conduct a divisional meeting to decide on special divisional rules and policies. Assure teams have exchanged information.

March - Attend NWAL Board meeting. Agenda traditionally includes:

- Approval of special divisional rules.
- Approval of bid for divisional medals.
- Approval of bids for invitational meets.

April - Check with teams to assure they have distributed information on training for officials and coaches to the appropriate team members.

May - Call and conduct a divisional meeting to begin discussion of divisional meet. (See Rule III.H.)

- Program for divisionals.
- Entry limitations.
- Trophies.
- Heat ribbons.
- Other expenses (including money for medals).
- Complete exchange of team information

June - Record dual meet scores as reported by host team rep following each meet.

Call and conduct a division meeting to finalize plans for divisional meet:

- Officials and other personnel.
- Warm-up schedules.
- Parking.
- Team Areas.
- Concessions.
- Other specifics.

July - Complete final report on season and return to the League Manager.

October - Attend NWAL Board meeting. Agenda items traditionally include: **Communicate information from the Board meeting to teams in your current division.**

- Rule changes.
- Division alignment for next season.

November - Attend NWAL Board meeting. Agenda traditionally includes:

- Nominations for the next years Officers.
- Finalizing rule changes and division alignment.

TEAM REPRESENTATIVE - Job Description

METHOD OF SELECTION AND TERM: To be determined by the Team. It is advisable for the team reps to be selected prior to the January Annual Meeting and serve throughout the season.

QUALIFICATIONS:

- Desire to represent ones team in decisions made by the division.
- Knowledge of NWAL rules (**Referee certification is desirable**).
- Experience as a team parent with knowledge of team operation.
- Willingness to communicate with team board, division representative, and other team reps.
- Willingness to attend division meetings (3 or 4 per season).
- Time available to do the job.
- Recommend the person be an active member of the team board.

GENERAL RESPONSIBILITIES: The team reps main responsibility is to serve as a communication link between team and the league, division and other teams. This involves not only passing on information from the league or division to the team but also gathering information from the team and returning it to the league or division. Often a team rep may delegate certain responsibilities to other team board members or committees but **the team rep is ultimately responsible for assuring the information is provided correctly and on time.**

SPECIFIC DUTIES:

1. Attend division meetings to represent the team's views on items to be decided by the division and provide input to the division rep on matters concerning the league.
2. *Encourage certification and re-certification of officials on your team by forwarding training and testing dates and information to parents.*
3. Make sure the team has supplied the necessary forms, data, money, or personnel as required by the league or division.
4. Other duties
 - Payment of NWAL dues.
 - Assure Team Rosters are delivered to NWAL Secretary.
 - Payment of money for divisional medals and any special fees.
 - Reporting scores from home meets to the Division Rep (usually done by Sunday following the Meet).
 - Supplying requested meet personnel for dual meets, divisional, and post season invitationals, e.g. Ponderosa, All Star.
 - Providing final team count at season's end.
 - Preparing and returning year end survey timely.
5. Represent the team and be the point of communication with other teams and the Meet Referee during swimming meets.
6. Communicate problems involving other teams to the division rep.

SIX TEAM NWAL MEET SCHEDULE – 2008

DIVISION _____

May 17 May 24 May 31 June 7 June 14 June 21

Team A _____	HOME vs B	AWAY vs F	AWAY vs C	HOME vs E	AWAY vs D	DIVN'L
Team B _____	AWAY vs A	HOME vs C	AWAY vs E	HOME vs D	AWAY vs F	DIVN'L
Team C _____	HOME vs D	AWAY vs B	HOME vs A	HOME vs F	AWAY vs E	DIVN'L
Team D _____	AWAY vs C	HOME vs E	HOME vs F	AWAY vs B	HOME vs A	DIVN'L
Team E _____	HOME vs F	AWAY vs D	HOME vs B	AWAY vs A	HOME vs C	DIVN'L
Team F _____	AWAY vs E	HOME vs A	AWAY vs D	AWAY vs C	HOME vs B	DIVN'L

May 15 - NWAL Season begins

June 21 - Divisional Meet Host: _____

June 23 - NWAL Season ends

June 28 & June 29 - Post-Season Invitational Meets

FIVE TEAM NWAL MEET SCHEDULE – 2008
DIVISION _____

May 17 May 24 May 31 June 7 June 14 June 21

Team A _____	HOME vs. B	Non Div	AWAY vs C	HOME vs E	AWAY vs D	DIVN'L
Team B _____	AWAY vs A	HOME vs C	AWAY vs E	HOME vs D	Non Div	DIVN'L
Team C _____	HOME vs D	AWAY vs B	HOME vs A	Non Div	AWAY vs E	DIVN'L
Team D _____	AWAY vs C	HOME vs E	Non Div	AWAY vs B	HOME vs A	DIVN'L
Team E _____	Non Div	AWAY vs D	HOME vs B	AWAY vs A	HOME vs C	DIVN'L

May 15 - NWAL Season begins
 June 21 - Divisional Meet Host: _____
 June 23 - NWAL Season ends
 June 28 & June 29 - Post–Season Invitational Meets

Northwest Aquatic League
2008 Division Alignment

West 1
 Wortham
 Spring Cypress
 Coles Crossing
 Copperfield
 Winchester

West 2
 Fairfield
 Lakes on Eldridge
 Concord Bridge
 Jersey Village
 Deerfield Village

West 3
 Norchester
 Bear Creek
 Rolling Fork
 Windsong
 Ravensway
 Blue Marlins

West 4
 Cypress Creek
 Cypress Point
 Enchanted Valley
 Estates of Highland Creek
 Stone Creek
 Stone Gate

West 5
 Cypress Mill
 Hearthstone
 Carriage Lane
 Chimney Hill
 Glencairn
 Steeplechase

Far North
 College Station
 Huntsville
 Navasota
 Bryan
 Brenham

Central 1
 Canyon Gate
 Champions Park
 Colony Creek
 Spring Creek Forest
 Gleannloch Farms
 WindRose

Central 2
 Prestonwood Forest
 Huntwick
 Lakewood Forest
 Spring Creek Oaks
 Memorial Northwest
 Kleinwood

Central 3
 Terranova West
 Greenwood Forest
 Terra Nova
 Wimbeldon
 Oak Creek Village
 Heatherwood

Central 4
 Raveneaux
 High Meadow Ranch
 Champions
 Willow Forest
 Cutten Green

North 1
 Woodlands Marlins
 Woodlands Hurricanes
 Cypresswood
 Woodlands Waves
 Imperial Oaks
 Northhampton

North 2
 Rivershire
 Forest Oaks
 Ponderosa Forest
 Shenandoah Village
 Oak Ridge North
 Londonderry

North 3
 Woodlands 4
 Bridgestone
 Candlelight Hills
 Westador
 Lexington Woods
 River Plantation CC

North 4
 North Spring
 Foxwood
 Inverness Forest
 Treaschwig
 Timberlane
 Birnam Wood/Fairfax

East 1
 Foster's Mill
 Greentree/Riverchase
 Sand Creek
 Woodland Hills
 Mill Branch/Woodstream
 Bear Branch

East 2
 Atascocita Forest
 Eagle Springs
 Newport
 Village Otters
 Atascocita Gators
 Oaks of Atascocita

East 3
 SummerWood (New)
 Trailwood Village
 Forest Cove
 Walden Country Club
 Fall Creek Fly'n Fish
 Livingston

