

## NVSL Proposed Rule Change

**Purpose:** To add the Individual Medley (IM) event to the NVSL dual meet during the regular season to align with divisionals and Individual All Stars, allowing coaches and swimmers to be better informed on event selection and times of other swimmers in the League.

In researching the addition of this event, we looked at four Northern Virginia Summer Leagues and one Maryland league and note that each has the IM as part of their dual meet schedule in varying formats. Those formats:

- Colonial Swim League has the IM for both genders as 10&U, 11-12, 13-14, and 15-18 age groups. The event is swam after butterfly and before relays.
- Dominion Country Club League (DCCL) has the same format and event placement as Colonial Swim League.
- Country Club Swimming & Diving (CCSDA) has the IM as part of their dual meet but has a different format. It is offered to both genders but as a 12&Under event and an 18&Under event and is the first event swam at the meet.
- Prince William Swim League offers IM in the same format as Colonial and Dominion Country Club but swims the event after freestyle during the meet.
- Rockville-Montgomery County Swim league swim place IM at the beginning of the meet. They have IM as 12&U, 13-14, 15-18 for each gender. They allow a team to enter a swimmer in a maximum of five events. A team cannot enter a swimmer in all four individual stroke events (freestyle, backstroke, breaststroke and butterfly).

We are amenable to any of these formats as it provides times and data to allow swimmers to be better informed for their divisional choices. We are suggesting that IM be added to dual meets to swim after the butterfly event, before relays..

So as not to disadvantage smaller teams that have trouble filling lanes, but allow for more swimmers in a meet, each swimmer would be allowed no more than five swims total in the meet and no swimmer can swim more than three individual entries. ( For example: a swimmer could swim free, IM, age group relay, and the mixed age relay or a swimmer could swim Free, Breast, IM, age group relay and mixed age).

It was suggested that by having IM after Butterfly, it will have an opportunity for the stroke and turn officials and Referee to be in a better space to make calls on DQs than at the beginning of the meet. So this would be the preferred format. It also allows for swimmers to have the break between individual events and the relays.

### 2. POOL AND COMPETITOR ELIGIBILITY

c. In team meets, except for the mixed age relay, swimmers may compete in their own and/or higher age groups. They may enter up to **three individual events** two individual events provided no stroke is repeated. They may compete in both the mixed age relay and one age group relay.

#### 4. ENTRY LISTS FOR TEAM MEETS

e. If a swimmer is entered in more than **three individual entries** two individual events, the swimmer shall be scratched from the later entered individual event(s ) and no substitute(s) shall be permitted. **A swimmer can swim five events total during a meet to include relays.** A swimmer who is entered in more than one age group relay shall be scratched from the later entered age group relay(s) and no substitute(s) shall be permitted.

#### 23. TEAM MEET EVENTS (Dual and Triangular Meets)

#Boys Event		# Girls Event
8 & Under		
1 .....	1 length freestyle.....	2
11 .....	1 length backstroke .....	12
21 .....	1 length breaststroke .....	22
31 .....	1 length butterfly .....	32
41 .....	4 lengths freestyle relay .....	42
9 - 10		
3 .....	2 lengths freestyle .....	4
13 .....	2 lengths backstroke.....	14
23 .....	2 lengths breaststroke .....	24
33 .....	1 length butterfly .....	34
43 .....	4 lengths medley relay .....	44
11 - 12		
5 .....	2 lengths freestyle .....	6
15 .....	2 lengths backstroke.....	16
25 .....	2 lengths breaststroke .....	26
35 .....	2 lengths butterfly.....	36
45 .....	4 lengths medley relay .....	46
13 - 14		
7 .....	2 lengths freestyle .....	8
17 .....	2 lengths backstroke.....	18
27 .....	2 lengths breaststroke .....	28
37 .....	2 lengths butterfly.....	38
47 .....	4 lengths medley relay .....	48
15 - 18		

9 .....	2 lengths freestyle .....	10
19 .....	2 lengths backstroke.....	20
29 .....	2 lengths breaststroke .....	30
39 .....	2 lengths butterfly.....	40
49 .....	8 lengths medley relay .....	50

Mixed-Age

51.....	8 lengths freestyle relay .....	52
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(swum in the following order: 11-12, 10 & Under, 13-14, 15-18)

Proposed Events

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#Boys Event

# Girls Event

8 & Under

1.....	1 length freestyle.....	2
11 .....	1 length backstroke .....	12
21 .....	1 length breaststroke .....	22
31 .....	1 length butterfly .....	32
49.....	4 lengths freestyle relay .....	50

9 - 10

3.....	2 lengths freestyle .....	4
13 .....	2 lengths backstroke.....	14
23 .....	2 lengths breaststroke .....	24
33 .....	1 length butterfly.....	34
41 .....	4 lengths individual medley .....	42
51 .....	4 lengths medley relay .....	52

11 - 12

5.....	2 lengths freestyle .....	6
15.....	2 lengths backstroke.....	16
25.....	2 lengths breaststroke .....	26
35 .....	2 lengths butterfly.....	36
43.....	4 lengths individual medley .....	44
53.....	4 lengths medley relay .....	54

13 - 14

7 .....	2 lengths freestyle .....	8
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17 .....	2 lengths backstroke.....	18
27 .....	2 lengths breaststroke .....	28
37 .....	2 lengths butterfly.....	28
45.....	4 lengths individual medley.....	46
55.....	4 lengths medley relay .....	56

15 - 18

9.....	2 lengths freestyle .....	10
19 .....	2 lengths backstroke.....	20
29.....	2 lengths breaststroke .....	30
39 .....	2 lengths butterfly.....	40
47.....	4 lengths individual medley.....	48
57 .....	8 lengths medley relay .....	58

Mixed-Age

59.....	8 lengths freestyle relay .....	60
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(swum in the following order: 11-12, 10 & Under, 13-14, 15-18)