

## **Baton Rouge Middle School Swim League**

### **League Information and Participation Guidelines**

*All guidelines listed in the Baton Rouge Middle School League Swim Meet Admin and Spectator Guidelines will also apply. The items here primarily outline administrative and team management items.*

#### **Requirements**

**New teams:** Schools joining the league must submit a letter of approval from the school principal/school athletic director to participate in meets (this must grant permission for students to participate under their school name). *New schools must "join" by June 1, prior to the Fall Season.*

**Insurance Registration:** All swimmers will pay an insurance fee of \$10 for competition eligibility. The insurance policy for the Middle School league only covers swimmers at the Crawfish Aquatics indoor/outdoor pool during the Middle School League swimming and events. *USA Swimming membership is not applicable for the Middle School League as it is not a USA Swimming sanctioned program.*

#### **Rules, Regulations and General Information**

1. Athletes participating at the Varsity level of Capital City High School Swim League **are not** eligible to participate in the MS League in the same season. If a student moves from JV participation to Varsity, they may no longer participate in MS League meets for the remainder of the season.
2. Each school is required to have a letter of approval from the school principal/school athletic director on file (this must grant permission for students to participate under their school name).
3. Each school will have a school representative (can be a teacher or a team parent) that will be responsible for roster management, collection/payment of fees, and meet entries.
4. With the exception of Homeschool students, individuals may not participate in the league without school affiliation (no "unattached" status).
5. All swimmers are required to purchase the \$10 insurance coverage, regardless of USA Swimming Registration or school athlete insurance coverage as this league is not sanctioned by USA Swimming or LHSAA.
6. Eligible students are in Grades 5-8th only. No exceptions.

#### **Meet Guidelines**

1. Current USA Swimming technical rules and code of regulations will be used for judging and scoring the championship meet.
2. All events will be timed finals seeded slowest to fastest.
3. Each swimmer may compete in 2 events at the Kick Off meet, 3 events per regular season meets (maximum of 2 individual events & 1 relay) and 4 events in the Championship meet (maximum of 2 individual events & 2 relays).
4. There is no limit on individual entries per event per team (for all meets in the season)
5. Relay limits: Each team may enter an A & B relay for Meet #2 and Meet #3. Limited to A relay only for the Championship meet.

#### **Fees**

1. **Meet Fee:** \$10 per swimmer per meet. This entry fee includes a digital copy of the heat sheet which will be published to the Crawfish Aquatics website the Thursday prior to each meet. Meet Fees are due the week following each meet; Championship Meet fees will be due by the day of the Championship meet.
2. **Insurance:** \$10 per swimmer that will participate in a league meet. Due by the first meet.
3. **Payment Guidelines:** Checks payable to Crawfish Aquatics. Payments can be separate checks, but must be turned in together by the team representative for the group, at one time for the team. Teams have the option to pay for all meets at the start of the season, however reimbursements will not be issued for non-participation. If check payments combine insurance and meet fees, please document should be attached that details the payment breakdown.
4. Invoices for the meet fees and insurance fee are posted under the Coach Resources section of

the Middle School League webpage on the Crawfish Aquatics website.  
Please note the mailing address is 10522 South Glenstone Place, BR, 70810.

### **Swim Suit Rules** (to determine if a suit is legal for competition)

*\*based on USA Swimming and NHSAA guidelines*

1. Must be constructed of a woven/knit textile material. No zippers or other fasteners.
2. Must be permeable (100% to air and water), except for logo
3. Must be made so as not to aid in buoyancy and shall not be altered to aid in buoyancy (no rubberized type of material such as polyurethane or neoprene)
4. Boys - not above waist or below top of knee caps / girls - not beyond the shoulder or below top of knee or cover neck.
5. Exemptions will be granted only for conflicts due to the swimmer's verified religious beliefs, verified medical conditions or other reasons deemed appropriate by League Directors, however no exemption to this restriction will be granted for a swimsuit that will give the swimmer a competitive advantage.

### **Facility and Parking Information**

All meets will be held at Crawfish Aquatics pools located just off Bluebonnet Blvd. and Interstate 10. Meets will be contested in the 8 lane, 25-yard indoor pool. The indoor pool has an 8-lane scoreboard and all meets will be timed and scored using electronic timing.

Meet Participants are ONLY permitted to park in the Crawfish Aquatics parking lot (off of Anselmo Lane), the Renaissance spillover parking lot or the Advocate parking lot. Meet participants are NOT permitted to park in the front lot off of Bluebonnet (Ketcham Fitness Center), as this parking is for Ketcham Fitness and the other building tenants located in the front of the building.

### **Timing information**

- Each team will be assigned lane timers in proportion to meet entries in a session.
- Timers must report 10 minutes prior to the start of each session.

### **Heat Sheets**

- The heat sheet will be posted online (Thursday) prior to each meet for parents to print or download.
- Heat sheets will NOT be sold at the meets.

### **Meet Entry Information**

Entries are due by the Tuesday before each meet. Email entry file to [meets@crawfishaquatics.com](mailto:meets@crawfishaquatics.com).

Team Manager is required for teams with 5+ athletes. To download Team Manager Lite, (a limited version of Team Manager that is free to download) go to <http://www.hy-tek ltd.com>, "Download Center" (under "Quick Links" on homepage) and go to Team Manager, "Lite".

Helpful Documents: See the Middle School section of the Crawfish Aquatics website, "Documents for MS Coaches" for steps for setting up your team manager database, entering events and meet entries, and adding swimmer result times following a meet.

### **Meet Format**

- **Regular Season Meets:** Teams will be assigned to clusters groups for competitions. Swimmers compete in combined grades. Non-scored events.
- **Championship Meet format:** this meet will host all teams in the league. Individual events will be ranked/scored by two grade divisions: 5th/6th grade and 7th/8th grade. The meet will be

divided into sessions/divisions based on team size or split by female teams/ male teams sessions.. Team Divisions for the Championship meet will be published mid October.

## MEET EVENT ORDERS

| <b><u>"Kick Off" (Meet #1)</u></b> |                 |   |
|------------------------------------|-----------------|---|
| 1                                  | 50 Butterfly    | 2 |
| 3                                  | 50 Freestyle    | 4 |
| 5                                  | 50 Breaststroke | 6 |
| 7                                  | 50 Backstroke   | 8 |

| <b><u>Regular Season Event Order</u></b> |                                                     |    |
|------------------------------------------|-----------------------------------------------------|----|
| <b><u>*For Meet #2 and Meet #3</u></b>   |                                                     |    |
| 1                                        | 200 Free Relay (Meet 2) / 200 Medley Relay (Meet 3) | 2  |
| 3                                        | 50 Freestyle                                        | 4  |
| 5                                        | 50 Butterfly                                        | 6  |
| 7                                        | 50 Backstroke                                       | 8  |
| 9                                        | 50 Breaststroke                                     | 10 |
| 11                                       | 100 IM (Meet 2) /100 Free (Meet 3)                  | 12 |

*\*Meet #2 200 Freestyle Relay, Events 1-2 and 100 IM, Events 11-12*

*\*Meet #3 200 Medley Relay, Events 1-2 and 100 Free, Events 11-12*

**Championship Meet Event Order TBD- see meet invitation**

## **Homeschool Student Participation Guidelines**

1. These allowances are ONLY available to students that are not enrolled in a public or private school and are homeschool students. Individuals that attend a public/private school that is not a member of the Middle School League may not participate as "unattached", or by individual status. The only students with the option to swim without team affiliation are homeschool students.
2. Homeschool swimmers must be grades 5-8 and between ages 10 (as of August 1) and 14 years of age (must not turn 15 prior to August 1), in the Baton Rouge area may participate. Swimmers that are age 10-11 through July 31 of the competition year will compete in the 5/6<sup>th</sup> grade division at the Championship Meet. Swimmers that are 12-14 years of age will compete in the 7/8<sup>th</sup> grade division.
3. Proof of homeschool status may be requested by the MS League Administrators.
4. Three Participation Options:
  - A. If participating by individual status, team name will just be listed as "Homeschool"
  - B. If participating with an organized homeschool team / group/ co-op, group can select a team name for the group. We will not regulate that these individuals practice together, etc. The team must have one representative that will organize the roster, collect and submit payments, collect and submit one entry file per meet for all swimmers on that team.
  - C. If a homeschool student wishes to attach to a league participant school, they must directly contact that school/ team rep and it must follow the LHSAA guidelines that are used for HS Swimming and homeschool swimmer affiliation / attachment. The school AD will give the approval for an individual homeschool student to attach to their school; any team that has a homeschool swimmer attached to it should denote them as such on their team roster turned in at the start of the season. Each individual school can decide whether or not to allow this, provided they use the criteria that the LHSAA uses in the High School Swimming League. The school rep will be responsible for turning in payment for these swimmers also, as well as entries. This option is ONLY available to homeschool students and not for students from a different non-participating school.
  - D. Note in regard to future High School Swimming participation: There is no carry over of eligibility from the middle school league to CCSL, the high school swim league for Baton Rouge area. That is a separate situation and regulated by LHSAA rules.