

# 2018 NVSL Rule Change Proposals

## Rule Change Proposal #1

Amend Rule 17c. AWARDS: Replace “plaques” with “medals”.

**In Divisionals, ~~plaques~~ *medals* shall be awarded for the first six places and ribbons shall be awarded for seventh through twelfth place in each event.**

Reason:

While plaques have been the NVSL tradition, quality “big bling” medals have become the more appealing choice and are the current trend in awards. Other benefits include ease of delivery to and from the meet, easier storage and lower cost. The cost savings is approximately \$8000 which could result in reducing team dues, continued improvement of the website, scholarship funding, and/or future Hytek upgrades.

\*\*\*\*\*

## Rule Change Proposal #2 submitted by Hiddenbrook

Add Rule 12.b.(5):

**Any swimmer in a Team Meet charged with a false start with dual confirmation as provided in the current USA Swimming Rules shall be permitted to swim his/her race, but, upon completion of the race, shall be disqualified from scoring or earning an official time. Prior to the commencement of the race, the Team Meet officials shall not discuss the disqualification with the offending swimmer.**

Reason for change:

Currently, any swimmers that have been dual confirmed to have false started by both the referee and the starter are disqualified from the race and asked by referee to leave the deck.

“Being asked to leave the deck in front of coaches, officials, teammates, family members and other spectators is humiliating, if not traumatic. We don’t have to see this spectacle more than once to realize that what we are witnessing is wrong. In fact, following a false start, without exception, one can hear a collective gasp from spectators in anticipation of the public shaming they are about to witness. There is usually stunned silence as the referee stops the meet and slowly walks over to an often confused looking young swimmer, as the eyes of all are locked squarely on them. After a whispered explanation, there is then often sobbing and tears as the offender is subjected to the “walk of shame” back to the team area. Psychological research consistently shows that emotionally charged memories last a lifetime and are often inextricably linked to triggering environmental associations. While the long term mental health implications of this practice is not fully knowable, it seems clear that such experiences are unlikely to further NVSL’s goal of instilling in each swimmer “a love of the sport.” To the contrary, one doesn’t have to be a mental health professional to conclude that public humiliation risks turning our swimmers, and spectators, against the sport. As responsible parents, coaches and NVSL representatives, we must insure our actions, in word and deed, match the intent of the NVSL charter, i.e, to teach, encourage and support each swimmer, regardless of ability, in an environment that fosters both the physical and emotional health of our athletes.” Dr. J. B. Dyer III, PsyD.  
Licensed Clinical Psychologist

\*\*\*\*\*

Rule Change Proposal #3 submitted by Hiddenbrook

Change Divisional Seeding Rule 6.c. to read:

**The seed times for Firm Entries and Bid-ins shall be proven by any swim meet result attained by a swimmer for his/her NVSL team. The swimmer must have swum the stroke for his/her NVSL team in a meet during the current season or, if not, by a current time certified by the Coach and Team Representative. Conversion factors: yards to meter times =1.10; meter to yard times = 0.91. Times of disqualified swimmers shall not be used as Divisional seed times.**

Currently, the rule is:

*The seed times for Firm Entries and Bid-ins shall be proven by official NVSL meet results if the swimmer swam the stroke during the current season or, if not, by a current time certified by the Coach and Team Representative. Conversion factors: yards to meter times =1.10; meter to yard times = 0.91. Times of disqualified swimmers shall not be used as Divisional seed times.*

Reason for change:

NVSL rules stipulate that only official NVSL meet times may be used (an official NVSL meet is defined as a Saturday "A" meet). "A" meet times may be used as firm entries for divisional seeding, even if faster times that season were swum in other meets.

This rule creates unnecessary confusion and complication to the Divisional seeding process.

One of the purposes of "B" meets is for swimmers to achieve times in other strokes that they may not get a chance to swim during an "A" meet. When only A meet firm entries are used this can inappropriately seed swimmers into heats that are not necessarily reflective of a swimmer's actual time that season. This policy creates confusion in the divisional seeding process.

There are also many NVSL teams that participate in Invitational meets, for example the Herndon Olympics. These times are also not valid for Divisional Seeding because they are not official NVSL meets entries. Using B Meet and Invitational meet times, for seeding, presents the most accurate times for that swimmer during that season. In addition, it makes the Divisional seeding much more reflective of what the swimmers can do. It is more likely to place the swimmers in the correct heats and is a fairer system.

The NVSL already lets teams use "B" meet times for IM during the divisional seeding process. In addition you may also use a "B" meet time if the swimmer has no "A" meet time for Divisional Seeding. It would be much simpler, more accurate and fairer to the swimmers to have a consistent rule across the board. A team should be able to use the fastest verified time swum for their NVSL team during that current season for divisional seeding.

\*\*\*\*\*

Rule Change Proposal #4 submitted by Hiddenbrook

Amend Rule 23. Team Meet Events (*Dual and Triangular Meets*)

**13-14 Age Group, Events 47 & 48 shall be an 8 lengths medley relay.**

Reason:

Currently, boys and girls in the 13-14 age group swim a 100 Medley Relay, which consists of four different swimmers each swimming a single length of the pool (25 meters) in one of the different strokes. A single 25-meter relay length is an extremely short distance considering the age, size, and experience level of the majority of swimmers at this age.

Any 13-14 year-old swimmer who has participated in the NVSL for several years has already been swimming 50-meter individual races in freestyle, backstroke, and breaststroke for at least four seasons, and has been swimming 50-meter individual butterfly races for at least two seasons. With this in mind, there is no reason teams could not be able to field a four-person relay in the 13-14 age group capable of swimming a 200-meter medley relay.

Even 13-14 year-old swimmers who are new to swimming and the NVSL, given their typical size, strength, and maturity, could manage swimming 50 meters in any of these strokes for a single event.

Moreover, the 13-14 age group already swims a 200 meter medley relay at Relay Carnival. If each team is required to field a boys' and girls' 13-14 200 meter medley relay for relay carnival, it should be expected to field the same relay for dual meets. Simply for the sake of consistency, teams should be expected to swim the same distance relay at every meet.

\*\*\*\*\*

### Rule Change Proposal #5 submitted by Linda Klopfenstein

Change Rule 19.c. to add a deadline for submitting signed record cards:

*Times shall be considered for record purposes only if an official time card, signed by the Referee, the Chief Timer and the three lane Timers who timed the swimmer(s) is submitted to the League Records Chair, **provided that the signed time card is submitted no later than three days after the last NVSL meet of the season in which the record was set.***

Reason:

Timely closeout of results and record keeping.