



HIGH SCHOOL SPRING LEAGUE

General Information and Program Rules

Updated 01/17/2023

The **High School Spring League** program is an instructional, competitive program. Swimmers will focus on all four competitive strokes, diving, and turns. Coaches will instruct and train swimmers according to the Idaho High School Athletics Association Standards. The HSSL program is not associated with Idaho State High School Swimming.

General Program Information & Rules

- This is a program for those currently in 8th-12th grades.
- All swimmers must swim and compete with the team for which they are registered. Swimmers must sign up for the team that corresponds with the High School they currently attend.
 - Those attending home school or chartered schools should sign up for the school he/she would attend if attending public school.
 - Once a team is full, participants are allowed to sign up for any team.
- The High School Spring League Program is a **team** program. Throughout the season, there are 24 scheduled team practices.
 - **To qualify for Swim Meets, TEN (10) of those practices must be swam with registered team.**
 - *Make-up practices are permitted with other teams.* However, those practices do not count towards swim meet practice requirements.
- Each swimmer must check-in at the front desk with an assigned card before each practice, lap swim, or public swim.
 - Attendance is calculated with this card. If the card is forgotten or lost, please talk to the front desk.
 - Each swimmer will be issued a card that has 24 practices on it. It may be used for swim team practices, make-up practices, and public or lap swim. Once the 24 swims have been used, additional practices may be purchased at \$9/practice.
- To be counted as a team practice, swimmers must swim with their registered team for a minimum of 45 minutes actively participating in the scheduled workout.
 - With a doctor's note or advanced approval from the Program Director, those that are injured may come to practice and do a modified workout for a minimum of 45 minutes and have it count as a team practice.
- Swimmers will need a swimsuit, goggles, and swim cap.
 - Special team swimsuits are not required for this program.
- Important information is emailed out through city emails. Please make sure the Aquatic Center has a current email address and phone number.
 - Emails sometimes tend to go to the spam folder; please make sure to check there for lost emails.
 - If you are not receiving emails, please send an email to kchristensen@idahofalls.gov.
- High School Spring League participants can swim during any lap or public swim time for a discounted price of \$3/person. This price will extend to whoever is with the swimmer at the time of admission. Swimmers must be present and they must have their current Swim Card.
- No group or person may create any social media, email, or other profiles about this program or any other City of Idaho Falls program.
- Diving blocks may only be used under a coach's supervision.
- Swimmers may be disqualified from swim meets or dismissed from practice for unsportsmanlike conduct, including (but not limited to): swearing, horseplay, fighting, stealing, and/or not following current health regulations and guidelines. Parents and coaches may also be asked to leave the facility for failing to follow these guidelines.
- Bullying in this program will not be tolerated. Those that bully in any way may be removed from the program.

Swim Meet Information

- All swim meets for the High School Spring League program are held at the Wes Deist Aquatic Center.



- Each team will have four swim meets.
- Swimmers must attend at least ten (10) practices with their registered team before they will be allowed to participate in any swim meets.
- All swimmers must create a “Surfers Swim Team” Team Unify account. This will allow each swimmer to respond to the meet invitations to help with swim meet planning. Please see the last page on how to create a “Surfers Swim Team” Team Unify account.
- Volunteer timers are needed to run the swim meets. Parents, please volunteer to time during the meets. Timers have the best seats in the house. **The meets cannot begin until there are 17 timers, 2 timers per lane, and 1 head timer.**
 - **The Aquatic Center will also need parent volunteers to officiate, start, and run the timing table during each meet.** We are currently asking at least two parents to be dedicated “helpers” for the entire season. There will be training for these. The program cannot run without the help of parent volunteers. Thank you in advance for your help
 - Please talk with Kord if you are interested in helping out.
- Heat sheets for swim meets will be pre-made & emailed to all participants.
 - Heat Sheets can be printed at home.
 - There will be a handful of heat sheets available at the Aquatic Center for purchase (\$1.00) on the day of the swim meet.
 - Heat sheets may change from the time they are sent out to Saturday’s swim meet.
- Results from the swim meets will be emailed to all participants, posted on the Aquatic Center’s website, available on the OnDeck mobile app, and submitted to the Post Register for possible publication.

Swim Meet Rules

- Swimmers may swim in up to 5 events, with no more than 4 individuals or 2 relays.
- Swimmers will score through 8th place.
- There are no age groups for the meets. All swimmers will swim against each other.
- The 500-yard freestyle event will be limited to a maximum of three (3) swimmers per team (men and women combined).
- Female swimmers must swim in female events; Male swimmers must swim in male events.
- Relays will be co-ed.
- Only those that are “diving block approved” may use diving blocks.
 - Coaches will mark off those that have successfully gone through the progression of diving off the blocks.
 - All those that have not been cleared to dive from the blocks must start in the water.
- Unsportsmanlike conduct by any swimmer, coach, or parents towards any team will not be tolerated.
 - Those acting in an unsportsmanlike manner will be asked to leave the facility for the day.
 - Further actions could result in dismissal from the team.

Record Rules

- Individual league records will be maintained for each grade and gender.
- Relay league records will be maintained.
- Records will be awarded from individual races of event length only. Split times and relays races will not count towards any individual records.
- If there is a tie for a record, both parties will be listed on the official record sheet.

Disqualifications from Swim Meets (DQs)

- Swimmers will be disqualified for stroke infractions beginning on the first meet of the season. For a full list of DQs in the High School Spring League program, please see the attached sheet, “High School DQs.”



HIGH SCHOOL DQS

Swimmers will be disqualified for the following infractions beginning with the first swim meet of the season:

General:

- Walking on or springing from the bottom
- Not finishing a race
- Pulling on the lane ropes
- Not touching the walls on a turn or finish
- Swimming the wrong stroke during an event
- Unsportsmanlike conduct
- Swimming more than 5 individual events, 3 relay events, or 4 total events
- False Starts
- Head does not break the surface of the water by the 15-meter mark

Butterfly:

- Performing a one-handed touch on a turn and/or finish
- Performing a non-simultaneous touch on a turn and/or finish
- Arms recovering underwater
- Alternating kick
- Breaststroke kick
- Scissor kick
- Stroke does not take place entirely on the breast (front), except during the turn
- The swimmer does not break the surface of the water on each arm pull
- Non-simultaneous arms
- The swimmer is not turned toward the breast off of the wall

Breaststroke:

- Performing a one-handed touch on a turn and/or finish
- Performing a non-simultaneous touch on a turn and/or finish
- Elbows recovering out of the water
- Hands pass the swimmer's hipline, except on the first pull after the start and all turns
- Alternating kick
- Dolphin kick, except after the start but before the first pull.
- Scissor kick
- Non-simultaneous arm movement
- Stroke does not take place entirely on the breast (front), except on turns
- Stroke is not swum in the manner of 1 pull, 1 kick (double pull or kick)
- A part of the head does not break the surface of the water after each cycle
- The swimmer is not turned toward the breast off of the wall.

- Arms are not in the same horizontal plane

Backstroke:

- Stroke does not take place entirely on the back
- The swimmer does not finish on the back
- Multiple strokes past vertical at the turn
- Not on the back off the wall
- Toes over the lip of the gutter after the start
- Delays initiating the arm pull past vertical at the turn
- Delays initiating the turn past vertical
- Shoulders past vertical
- Completely submerged prior to turn or finish

Freestyle:

- During a freestyle event, a swimmer may swim any stroke of their choosing (following the rules for that stroke), except on the last stroke of either the Individual Medley or the Medley Relay, which must be front crawl.

Individual Medley Disqualifications:

- Event is not swum in the proper order (Butterfly, Backstroke, Breaststroke, Freestyle)
- Freestyle portion is not front crawl
- Rules for each individual stroke are not followed

Relay Disqualifications:

- There are not four individual swimmers who each swim ¼ of the total distance, or 1 leg of the relay
- The previous swimmer does not completely finish before the next swimmer leaves the block
- Swimmers must promptly exit the water after finishing their leg, unless they are the last leg of the relay. Swimmers may not reenter the water before their leg begins, or after their leg has finished.
- In the Medley Relay, the freestyle portion must be front crawl.



How to Create an Account for “Surfers Swim Team” Team Unify (For High School Spring League)

Thank you for taking the time to set up an account for the High School Spring League. This secure account is very important as this is how the Aquatic Center will communicate for swim meets for the High School Spring League program; it will also be the only platform for swim meet signups. It is very important that you maintain an active email address for purposes of team communication.

You only need to register each swimmer ONCE – do not make multiple accounts for different sessions. If your swimmer has previously made an account because they have been on **SURFERS SWIM TEAM** or **JR. HIGH SWIM TEAM** (not any other swim team), then that account is already created and no action needs to be taken.

For new accounts, go to <https://www.idahofallsidaho.gov/SurfersSwimTeam> (though this is the website for the Surfers Swim Team, the High School teams will also be managed through the same platform).

1. Click on Create an Account on the right
2. Click on Continue or Check Status
3. Click on Create New Account on the bottom
4. Fill in an email that you’ll use for sign-in purposes, as well as YOUR date of birth.
5. Click Continue
6. Fill in a password according to the specifications that the site gives you.
7. Fill in all required information.
8. Click on Add Member
9. Fill in all information for each member on the swim team.
 - a. You may put only your middle initial instead of your full middle name.
 - b. Only fill out the physician information if there are conditions you feel the Aquatic Center needs to be made aware of.
 - c. Register for the team (Crusaders, Hornets, Kodiaks, Olympians, Sabertooths, Krakens) that your swimmer is signed up for.
10. Click “Save Information”.
11. Read the waivers.
12. Click “Continue”.
13. Click “Submit Registration”.

Important Information:

- Though the system registration asks for billing information, be aware that the Aquatic Center will still be doing all fee processing through the current system. Nothing will be charged, and all fees associated with the site have been set to \$0.
- When setting up an account, you will set the account first and then add members. Think of the parents as the account and the swimmers as the members. Parents do not need to be members unless they wish to be.
- Every account that is created must be approved. Please be patient, accounts will be approved as soon as possible.