

# League Rules

The Valley-Foothill Competitive Aquatic League has a set of General and Swimming rules that govern how we run our swim meets. The following are rules that you and your family should know.

**AGE GROUPS:** There are six age groups. They are 6 & under, 7-8, 9-10, 11-12, 13-14, and 15-18. The swimmer's age group is determined by their age on June 1<sup>st</sup>. A swimmer may advance to the next highest age group before they actually turn that age, but they must remain in that higher age group for the remainder of the season.

## **ENTRIES:**

1. Teams may enter 3 official teams in the Medley relay even and 6 in the Free relay event.
2. All swimmers may be entered in a maximum of four events.

## **ELIGIBILITY:**

1. No participant of the League may compete with any organized group during the period of January 16<sup>th</sup> to April 30<sup>th</sup>, with the exception being on a high school or college swim team. League participants may workout with any organized group prior to the official starting date (May 3), with a mandatory rest period January 16-February 29. Then they must work out exclusively with their VFCAL team once the VFCAL season begins. High School and College swimmers' are the only exceptions to these rules.
2. The swimmers must compete in at least 2 meets to be eligible for the Championship meet.

## **CONDUCT OF SPECTATORS AND PARTICIPANTS:**

1. Smoking is prohibited in the pool area during League sponsored competition and at all times at the Cordova Pool.
2. The meet officials, coaches, and timers request that all spectators and swimmers stay away from the starting area (behind the blocks or in the shallow area for 25 yard events). ONLY swimmers who are in the ready bench area should be behind the blocks & timers.
3. Follow all pool rules.

An empty lane, warm-up pool or wading area not being used for competition is not open for spectators, swimmers or family members to "Take a dip" in. While we realize that it is often HOT during the meets, aquatic facilities do not have the required staff on hand or budgeted for to "Lifeguard" the additional pools during the meet. Also, "Entering" the competition area in anyway during the competition can be considered interfering and your team may be disqualified. Please do your part to help us to help you have a safe day.