

Winter Suburban Swim League Rules

1. Each team will supply one stroke and turn judge for each meet. Stroke and Turn judge must know WSSL Rules and must be certified by USS Swimming or have attended WSSL clinic once every other year. Must bring Certificate to each meet in order to be a stroke and turn judge.
2. Timing- Visiting team must supply ONE timer for each lane. Home team must supply TWO timers for each lane.
3. Scoring- Is the responsibility of the HOME team. Visiting team must have a representative at the scoring table as well.
4. Swimmers participating in the WSSL must be a paid member of their team and practice with their team.
5. All meets will be run in accordance with USS swimming rules.
6. Team roster will be entered into Team Manager, by coaches, and a team roster must be sent to the WSSL league president by December 1st, 2011. Swimmers can be added with the consent of the WSSL board only. Swimmers may not swim in meets unless their name is on the roster or the League President has been contacted.
7. Swimmers may NOT display logos from USS teams while on DECK in the WSSL. A warning is issued first, followed by a disqualification.
8. A swimmers age as of November 1st, 2011 determines their age group for the season.
9. A swimmer may not be moved up more than two age groups to swim an event and may return to their age group for other events.
10. A swimmer is permitted to enter a maximum of three events, no more than two of which may be individual events. No unofficial/exhibition swimmers allowed in an event.

11. Home team has the right to cancel a meet due to weather or pool problems. The home team must offer visiting team three alternative dates to make up the meet.
12. Once a meet has been scheduled at the coaches meeting, the meet must be swum at the scheduled time.

13. League - Divisions

a. NORTH

- b. Wellesley
- c. Dedham
- d. Milford
- e. Belmont
- f. Weston
- g. Framingham
- h. Brookline

SOUTH

- Newton
Sudbury
Westboro
Acton/Boxboro
Natick
Westwood
Norwood

14. Each team must swim 9 dual meets during the season. Every team will swim every team in their division plus two from the other division in order to get the required number of meets. In order to get credit for swimming in a meet, a swimmer must swim at least ONE INDIVIDUAL event. A Tri-meet counts as two meets.
15. Conduct rule-
 - a. In addition to what is covered in USS Swimming rules and regulations, coaches, teams and parents should be aware that before/during/after a WSSL meet, unsportsman like conduct will not be tolerated. The board of directors will decide what disciplinary action will be taken as a result of such behavior. The head coaches have the final say in all rulings on meet day.
 - b. Any swimmer demonstrating improper conduct or vandalizing will be disqualified from the meet and points from previously swum events will be deleted from the score.
 - c. Any parent or coach demonstrating improper behavior will be asked to leave the facility.