Revision 5 – 09/19/2025

Florida Gold Coast Swimming

Rules and Regulations

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Florida Gold Coast Swimming
Rules and Regulations

FG 1.1 **FG Championship Meets**:

a. FG Short Course and Long Course Age Group Championships, Short Course and Long Course BB Champs, FG Short Course and Long Course Senior Championship.

b. Other meets may be designated as such by the sanctioning officer(s) and use FG Championship procedures.

FG 1.2 **Non-Championship Meets**: All FG sanctioned meets not designated as a Championship Meet in FG 1.1.

FG 1.3 **Entries Deadline**- All entries are due ten days prior to the first day of the meet. The meet host must forward a registration export file to the Registration Chairman seven days prior to the meet.

FG 1.4 **Entry Times** – FG Championship Meets Swimmers will enter events with "Submitted Times". The definition of submitted times is "those filed with an entry, as having been previously achieved." Swimmers will enter meets with conforming and non-conforming times. The lead conforming time will match the course of the championship being swum.

FG 1.5 **Seeding** – All FG Championship meets' events will be seeded fastest to slowest.

FG 1.6 **Non-Championship Meets** - Swimmers will enter the meet with times conforming to the course of the meet.

FG 1.7 **Qualification Period** – Duration of Times for Championship Meets – Submitted times for any FG Championship meet must have been achieved within two years of the same meet and the first day of the meet. Example: Meet date–March 13, 2004 – Qualification period 03/13/02–entry deadline.

FG 1.8 **Online Meet Entry (OME) and Proof of Times**

a. FG Championship Meet entries will be accepted only through the USA Swimming On-Line Meet Entry system (OME).

b. Entry times for FG Championship Meets must be achieved during the correct qualifying period and must be proven prior to the scratch deadline for that event through the SWIMS database.

c. Deck entries are not allowed for FG Championship meets.

d. Other meets may use OME if approved during the sanction process.

FG 1.9 **FG Scratch Policy:**

a. CHECKED IN – A swimmer is checked in by initialing the swimmer's name by the swimmer, coach or other authorized representative. A swimmer checked in at the close of positive check-in will be seeded.

b. SCRATCHED – Swimmer has been removed from an event by annotation on the check-in sheet *(normally a single line drawn through the name). Swimmers that are annotated as scratched at the time* check-in closes are permanently removed from that event, unless the scratch is rescinded before scratch deadline.

c. NOT CHECKED IN – Swimmers who have not checked in or scratched from an event. For seeding purposes, these swimmers will be removed from seeding.
If a swimmer has not scratched or checked in and the swimmer subsequently declares their desire to swim, they may swim in open lanes on a first come, first served basis. If there is no open lane, the swimmer shall not swim.
If time standards are required, deck entry times must be proven in advance for all non-championship meets. Swimmers not entered in the meet must also prove current registration.

I. FG Championship Meets will follow the National Championship Scratch Procedures as outlined in the USA Swimming Rulebook 207.11.6 - .7 except as noted below:

II. In all events where preliminary heats are necessary or in any timed final event for which the swimmer has been positively checked in, after the heats have been seeded, any swimmer who fails to compete in an individual event heat in which such swimmer entered and has not been properly scratched shall not be seeded in any individual events on succeeding days unless that swimmer declares an intent to swim prior to the close of the scratch box for that day's events.

III. Any swimmer qualifying for a bonus, consolation or championship final in an individual event who fails to compete in said final shall be barred from their next preliminary individual event. Additionally, that swimmer shall not be seeded in any individual events on succeeding days unless that swimmer declares an intent to swim prior to the close of the scratch box for that day's events.

IV. FG Non-championship meets containing events where preliminary heats are necessary will follow the scratch procedures outlined in paragraphs a-c above unless alternate scratch procedures are approved during the sanction process and described in the meet announcement.

FG 1.10 **Warm-up Procedures**:

a. Feet -first entry is required. At no time should the athlete enter the water head - first unless practice starts are being directly supervised by their coach.
b. All swimming should be done in a counter-clockwise direction – keep right.
c. No equipment in general warm-up at the competition pool. No paddles, pull buoys, fins, assisted or resisted cords and/or similar such devices that could result in injuries to swimmers or damage to equipment. Equipment may be used at the warm-down pool.
d. The Referee may permit equipment in specially designated areas with prior coordination.

GENERAL WARM-UP PERIOD

1. Usually consists of the first 30 – 45 min. of the warm-Up session.
2. NO DIVING… Swimmers must enter the water feet first.
3. No sprinting or pace work.

4. All lanes - GENERAL WARM-UP

CONTROLLED WARM-UP PERIOD

1. Pace lanes – last 40 minutes of warm-up. Push- off one or two lengths, circle swimming only (counter -clockwise), NO DIVING, feet first entries only.
2. Practice Racing Starts – Last 30 Minutes of warm-up. Number of lanes as needed. Swimmers must exit the pool at the far end or return to the start end via a general warm-up lane. Do NOT return via the pace lanes.
3. General Lanes - Circle swimming only (counter clockwise only).

Normal Lane Assignments

Pool Size	Push/pace	Race starts/ Sprints	General
5 lanes	Lanes 1 & 5	Lanes 2	Lane 3 & 4
6 lanes	Lanes 1 & 6	Lanes 2 & 5	Lanes 3 & 4
8 lanes	Lanes 1 & 8	Lanes 2 & 6	Lanes 3,4 & 6
10 lanes	Lanes 1 &10	Lanes 2, 6 & 9	Lanes 3,5,7 & 8

FG 1.11 **Seeding:**

a. Deck Seed Policy – Deck entries will be accepted at all FG non-championship meets unless specifically prohibited by a statement in the meet announcement.

1. If the missing entry is an administrative error on the part of the meet host, the Administrative Official will enter the swimmer into the appropriate events as follows:

i. Non-Championship Meets: The swimmer will be entered into the open lane most appropriate to the swimmers' seed time. If there are no open lanes, the swimmer may stand by for an open lane. If no open lane exists at the conclusion of the event, the meet referee will add an extra heat for the swimmer.
ii. Championship Meets: The event will be re-seeded.

2. If the entry problem is not an administrative error on the part of the meet host, the following procedure will be followed:

i. Deck entry fees and surcharges are double the normal published fee.
ii. Deck entries may be accepted after the meet has been seeded into open lanes only, first come – first served.
iii. The meet host may accept deck entries prior to the first day of the meet.
iv. Deck entries will be accepted on the day of the meet up to 30-minutes before the start of each session.
v. Deck entries after the 30-minute prior deadline will be at the discretion of the Meet Referee.

vi. The Meet Director will provide the Meet Referee with a master heat sheet that contains all deck entered swimmers to that point.
vii. The coach or athlete is responsible for paying deck entry fees when the swimmer is deck entered.
viii. The meet host may specify a different method of payment for deck entries in the meet announcement.
ix. Prior to accepting a deck entry, the meet host must confirm that the swimmer is properly registered with USA Swimming and that they have current APT training, if applicable. If the swimmer is registered as FLEX, the meet host must confirm that the swimmer has not already competed in two sanctioned meets.

b. Seeding of 400 and greater events – Unless otherwise specified in the meet announcement, for FG non-championship meets, the standard order for seeding events of 400 or greater will be fastest to slowest. Where only one course is available, the event will be alternated Women's heats then Men's heats.

FG 1.12 **Scoring**:

a. The BB Champs meets will not be scored.
b. All FG Championship meets will be scored using standard point values equal to the number of lanes used in championship finals. If more than one final is scheduled. For the FGC Age Group Championships, only the "A" final will be scored. For the Senior Championships, "A" and "B" finals will be scored. Any other meet may be scored using point values as delineated in the meet announcement.

FG 1.13 **Change of Program and Postponement**: Meet Committee – The meet committee will be appointed to handle all issues pertaining to non-rule situations at the meet. Examples of issues under the jurisdiction of the meet committee are: Severe weather, equipment issues, etc. The composition of the meet committee is left to the discretion of the Meet Referee but must include at least one athlete and one coaching representative.

FG 1.14 **Officials** – The FG Officials Chair and the Officials' Committee shall ensure that a sufficient number of qualified meet referees are available to run FG meets, and shall assign the referee with consultation with the meet host for all FG Championship Meets.

FG 1.15 **Retention of Records** – The following meet material must be retained for a period of one year after each sanctioned meet. One heat sheet from each session, lane timers' sheets, Referee order of finish, DQ log, DQ Slips, no show log, positive check in sheets, relay cards, relay takeoff slips, any other paperwork the Referee deems appropriate, and meet host must retain digital files (MM backup database) for at least 2 years.

FG 1.16 **Age Group Program**:

a. Application of USA Swimming 4-hour rule - USA Swimming Rule 205.3.1 F – In

this section of USA Swimming rule book, it states that “with the exception of championship and open water meets, the program in all other age group competition shall be planned to allow the events for swimmers twelve (12) years and younger to be completed in four (4) hours or less per session (prelims, finals, timed finals). Events for the same 12 & under swimmers shall be limited to one session per day, except for prelim/final meets where events for 12 & under swimmers may be offered in both prelims and finals.” FGC will enforce the “4-hour rule” for 12 & under swimmers as follows:

i. Meets shall be planned to not exceed a 4 hour (timed finals) or 8-hour day prelims- finals for 12 & Under swimmers.

ii. Definition: Time Limit Point: 4 hours – timed finals meet. 8 hours minus the estimated timeline for finals (prelims/finals). The timelines will be computed using a heat interval as determined by the technical planning committee; which are - :25 sec. + :15 sec. for one course meets and :00 sec. + :15 sec. for chase starts.

iii. If the pre-meet timeline shows the last 12 & Under event will be completed after the time limit point, all 12 & Under relay events scheduled after the time limit point for that session will be automatically canceled. This cancellation will be made prior to the meet.

iv. Relay events for older swimmers scheduled after the 12 & under events have completed swimming will be retained in the session.

v. If the cancellation of the relay events does not result in the last 12 & Under event being completed by the time limit point, all 12 & Under events scheduled after the time limit point will be canceled. This cancellation may be made pre-meet or during the meet.

FG 1.17 **LSC Age Group Championship Meets:**

a. Athlete Eligibility – The Florida Gold Coast Age Group Championships is a closed meet. To be eligible to swim at the Florida Gold Coast Age Group Championships or BB Champs, the swimmer must be registered in FG at least 60 days prior to the first day of the meet unless the following conditions are met:

i. In order to accommodate former FG Swimmers who are not registered/re-registered by the 60-day point are FGC Age Group or BB Champs eligible provided they did not register for any other team outside the LSC, or foreign club or team during the 60 days prior to Championship meet.

ii. In order to accommodate swimmers who transfer into the LSC within the 60-day window, transfer swimmers may apply for an exemption to the 60-day rule provided that they petition the Registration Chair and provide proof of permanent residence by athlete and parent or guardian within the LSC boundaries.

iii. Proof of residence requires copies of two of the following

documents:

1. Florida Driver's License.
2. Florida Vehicle Registration.
3. Utility Bill.
4. Others as determined by the registration chair.

FG 1.18 **Satellite teams** – Teams that train at more than one location may compete at meets in the county in which the team trains. Teams may travel to compete in the county of the satellite with prior coordination with the meet director.

FG 1.19 **Non-championship meets - Unattached teams/swimmers**– As more and more swimmers seem to be appearing as "unaffiliated" / Unattached swimmers requesting to enter swim meets here is how you should handle these swimmers until further notice.

a. Individuals not registered with any teams must enter via email with in-line text (host will charge additional fees for these read below) or own the license for their own computer program to create entry files. Host teams can still and should still accept UNA swimmers with teams that are listed as USA-S members.
b. Individual swimmers that are not registered with any recognized swim teams can NOT send a single email with multiple swimmers to be entered into the meet by the meet manager unless they are direct family members. Host teams should only accept an entry with one swimmer per email.
c. Swim meet hosts shall recoup additional fees to additional work caused by unregistered teams, the meet host may charge a "manual entry fee" to the already established fee structure until the FGC accepts changes to the current rules about swim meet fees. **The "manual entry fee shall be a minimum of *double the surcharge* and *double the individual event entry fee*.**
d. Swim meet hosts will be responsible for payments from these individual swimmers that are not registered with any recognized swim teams.
e. If for some reason an unregistered team slips past you when you host a swim meet, the Registration Chair will contact you and inform you to delete that team's entry and to contact the said team and explain to them the correct entry procedure. At that point in time, it will probably be late enough that the said team may have to deck enter to get in the meet.