



SWIMMING AND DIVING BY-LAWS

BOYS AND GIRLS

ARTICLE I

GOVERNING RULES

SECTION 1 The Scholastic section of the National Federation of Interscholastic Competition for Swimming and diving and these by-laws shall be the official rules governing Boys and Girls Swimming and Diving.

ARTICLE II

CLASSIFICATION

SECTION 1 The official league teams in swimming shall be the Varsity and Frosh Soph for boys and Varsity and Junior Varsity for girls. Junior Varsity shall be determined by ability level, not grade in school.

SECTION 2 If a FS / Junior Varsity swimmer participates with the Varsity, the swimmer shall remain on the Varsity for all league meets until the league championships.

- 2.1** The swimmer may return to the FS / Junior Varsity or remain on the Varsity for finals.
- 2.2** The swimmer may swim either classification during practice meets without changing eligibility.
- 2.3** A swimmer or diver must compete in a league dual meet in order to compete in the league finals.
- 2.4** A swimmer may not compete for the Varsity and FS / Junior Varsity in the same meet.
- 2.5** No junior or senior male athlete may compete at the Frosh-Soph level.
- 2.6** No senior female athlete may compete at the Junior Varsity level.

ARTICLE III

PRACTICE AND GAME LIMITATIONS

SECTION 1 The league practice limitations shall conform to CCS/CIF practice limitations.

SECTION 2 Game limitations for Varsity and Junior Varsity shall be as determined by the CCS policy on the approved number of contests (Swimming + Diving 13 contests)

SECTION 3 No school is to schedule an outside team on a league dual meet date unless both coaches are agreeable.

SECTION 4 The teams may reschedule a league dual meet if one team has one (1) or more students qualified to go to a national championship. Move to a neutral date.

ARTICLE IV

MEET MANAGEMENT

SECTION 1 Starting times for all league dual meets will be 3:45 p.m.

SECTION 2 The home teams shall be responsible for conducting the meet and furnishing three (3) adult officials in all key positions (referee, starter, stroke and turn judge)

2.1 Exception: Visitors may provide one (1) diving judge; however, if the visitors do not have a judge available, the home team shall provide three (3) officials.

2.2 The visiting team has the option of supplying one (1) additional place judge.

SECTION 3 Any protest will be handled by the meet referee/starter on the deck, as in accordance with the Federated Rule #4, Article 2. Any protests that cannot be handled by the meet referee will be handled in accordance with the SCVAL's policies and procedures.

SECTION 4 Lane assignments for league dual meets: The home team will swim in the even number lanes and the visiting team will swim in the odd number lanes.

SECTION 5 The home team shall provide a minimum of six (6) timers equipped with digital electronic watches that read to the hundredth (100th) second. The visiting team has the option of supplying an additional timer per lane. In lieu of an electronic scoring system, each competitor shall submit a completed entry card to the lane timer prior to competing in his or her event.

SECTION 6 Each team shall supply at least one scorekeeper.

SECTION 7 An electronic judge shall be used whenever possible.

SECTION 8 SCVAL Swimming / Diving Dual and Championship Order of Events

1. Girls JV 200 yd. Medley Relay
2. Boys JV 200 yd Medley Relay
3. Girls Varsity 200 yd. Medley Relay
4. Boys Varsity 200 yd. Medley Relay
5. Girls JV 200 yd. Freestyle
6. Boys JV 200 yd. Freestyle
7. Girls Varsity 200 yd. Freestyle
8. Boys Varsity 200 yd. Freestyle
9. Girls JV 100 yd. Individual Medley
10. Boys JV 100 yd. Individual Medley
11. Girls Varsity 200 yd. Individual Medley
12. Boys Varsity 200 yd. Individual Medley
13. Girls JV 50 yd. Freestyle
14. Boys JV 50 yd. Freestyle
15. Girls Varsity 50 yd. Freestyle
16. Boys Varsity 50 yd. Freestyle
17. Girls JV 1 m diving
18. Boys JV 1 m Diving
19. Girls Varsity 1 m Diving
20. Boys Varsity 1 m Diving
21. Girls JV 50 yd. Butterfly
22. Boys JV 50 yd. Butterfly
23. Girls Varsity 100 yd. Butterfly
24. Boys Varsity 100 yd. Butterfly
25. Girls JV 100 yd. Freestyle
26. Boys JV 100 yd. Freestyle
27. Girls Varsity 100 yd. Freestyle
28. Boys Varsity 100 yd. Freestyle
29. Girls JV 500 yd. Freestyle

- 30. Boys JV 500 yd. Freestyle
- 31. Girls Varsity 500 yd. Freestyle
- 32. Boys Varsity 500 yd. Freestyle
- 33. Girls JV 200 Yd. Freestyle Relay
- 34. Boys JV 200 yd. Freestyle Relay
- 35. Girls Varsity 200 yd. Freestyle Relay
- 36. Boys Varsity 200 yd. Freestyle Relay
- 37. Girls JV 100 yd. Backstroke
- 38. Boys JV 100 yd. Backstroke
- 39. Girls Varsity 100 yd. Backstroke
- 40. Boys Varsity 100 yd. Backstroke
- 41. Girls JV 100 yd. Breaststroke
- 42. Boys JV 100 yd. Breaststroke
- 43. Girls Varsity 100 yd. Breaststroke
- 44. Boys Varsity 100 yd. Breaststroke
- 45. Girls JV 400 yd. Freestyle Relay
- 46. Boys JV 400 yd. Freestyle Relay
- 47. Girls Varsity 400 yd. Freestyle Relay
- 48. Boys Varsity 400 yd. Freestyle Relay

SECTION 9 It is the home school’s responsibility to contact the visiting school at least one week prior to the scheduled meet to mutually agree as to the time, date and site of the diving competition. If mutual agreement cannot be reached, the diving will be held in an adequate facility the day prior to the scheduled meet, or in accordance with National Federation Rules.

ARTICLE V
DIVISION CHAMPIONSHIP

SECTION 1 The division championship meets should be held at a suitable 8-lane site as agreed upon by the coaches. It is recommended that a neutral site be used if possible.

- 1.1** Hardship: If, after entries have been submitted and up to 24 hours before the start time of the competition an athlete suffers a catastrophic injury or illness. That Athlete may be replaced.
- (A) The replacement may only occur in the events that the injured/ill swimmer was participating and a new entry time will be submitted for seeding purposes.
 - (B) The replaced swimmer may not participate in any part of the Championship meet.

SECTION 2 Awards shall be given for the first eight (8) places in each event.

SECTION 3 The top sixteen (16) places shall be scored for team points.

SECTION 4 Junior Varsity Diving at division championship meets shall consists of eight (8) dives - four (4) voluntary and four (4) optional, each from four (4) different categories.

SECTION 5 The Varsity and Junior Varsity Division championships shall be determined by a combination of total points, by team standings after dual meet season, and team standings in the division championships. Points will be scored as follows:

- 5.1** Dual meet scoring and division championship points

1 st Place	7 Points	5 th Place	3 Points
2 nd Place	6 Points	6 th Place	2 Points
3 rd Place	5 Points	7 th Place	1 Point
4 th Place	4 Points	8 th Place	0 Points

- 5.2** In case of a tie in total points, the team placing highest in the division championship shall be declared the champion.

SECTION 6 The sequence of girls' and boys' preliminaries shall alternate on a yearly basis.

SECTION 7 League certificates should be awarded to the top eight finishers in each event, in each level at the Division Championship Meet.

ARTICLE VI **SPORT CHAIRPERSON**

SECTION 1 Both the De Anza and El Camino divisions shall have a sports chairperson(s) to be elected by the respective division's swim coaches.

SECTION 2 The swimming chairperson(s) shall serve for a minimum of two (2) years.

SECTION 3 The duties of the swimming chairperson(s) are:

- 3.1** To call a meeting of all the league coaches prior to the beginning of the season to go over schedules, by-laws, rule changes and anything pertinent to their sport for that season.
- 3.2** To call a meeting of the entire league coaches at the end of the season to review the by-laws and make revisions, set up schedules for the next season; solve any problems that came up during the season. The chairperson(s) shall present any by-law changes to the Athletic Directors and the Board of Managers.
- 3.3** Compile the season results and send to the League Commissioner as well as to the league schools.
- 3.4** The chairperson(s) shall represent the league on the CCS Swim Committee.

ARTICLE VII **LEAGUE RE-ALIGNMENT**

SECTION 1 League realignment will be determined by adding the Final League placement of all four divisions for each school. After all components are determined, a motion to move the teams must be approved by a majority vote of schools present. If approved the bottom school (the team with the most points) in the De Anza division will move to the El Camino Division and be replaced by the top school (the team with the fewest points) in the El Camino Division.

1.1 If there is a tie between the bottom two teams in the De Anza Division or the top two teams in the El Camino Division, the tie will be broken by the team's placement in the Varsity division in overall league points.

(A) If teams still remain tied the number of graduating seniors who placed in League Championships shall be considered.

1.2 If a tie still exists, the team finishing higher (in the El Camino Division) or the team finishing lower (in the De Anza Division) in the Varsity division of the League Championship meet will move.