



SWIMMING AND DIVING BOYS AND GIRLS BY-LAWS

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 Classifications

Section 1 The official league teams in swimming shall be the Varsity and Junior Varsity. Junior Varsity shall be determined by ability level, not grade in school. No senior may participate on JV.

Section 2 If a Junior Varsity swimmer participates with the Varsity in league meet, the swimmer shall remain on the Varsity for all league meets until the league championships.

- 2.1 The swimmer may return to the Junior Varsity or remain on the Varsity for finals.
- 2.2 The swimmer may swim either classification during practice meets without changing eligibility. Participation in two levels on the same day is not allowed.
- 2.3 **A swimmer or diver must compete in a 50% of league dual meets** in order to compete in the league finals.
- 2.4 No junior or senior male athlete may compete at the Frosh-Soph level.
- 2.5 No senior 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 **4:00 p.m.** All entries for division championships and dual meets are submitted electronically to meet site. Dual meet entries should be received by home meet location electronically by noon the day of the meet. For division championships the entries to the host school by 6PM on the Sunday before the meet. Scratches and additions are allowed on pool deck as needed by a team on the date of the dual or division championship.
- 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 (12) timers equipped with

digital electronic watches that read to the hundredth (100th) second or touch pads. Support from visiting team is always appreciated and visiting team can have a timer at any lane.

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.

Section 10 Note...Special needs swim athletes can compete in any race as schools deem appropriate.

ARTICLE V Division Championship

Section 1 The SCVAL Swimming and Diving divisional championship site will rotate each year. It will be the following week after the last dual SCVAL meets. The meet will be a championship format, scoring to 16th place and following the NFHS format and guidelines for how meet is run. The league rep will be the meet Director and support the host school. In the event a league rep is not in place the highest tenured coach in that division will be meet Director. Host school will be declared at the ADC meeting in January. It is important and fair all schools host when it their year to do so rotation:

DA-Homestead (diving), Palo Alto, Monta Vista, Los Altos, Gunn, Saratoga, Los Gatos

EC-Mountain View, Fremont, Santa Clara, Wilcox, Macdonald, Lynbrook, Cupertino, Milpitas

The meet will be set as a 4 day meet. The four days will include diving with location to be determined. Diving should be held Tuesday as coaches work through facility and judges issues, Logistics to the meet will be determined by Meet Director and host school but order of events should follow NFHS rules. Prelims for boys will be Wednesday and girls Thursday with finals for both genders Friday. Host school determines start time with no racing before 1:00 pm. Gates will be taken on all days by host school.

- 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.
 1. 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.
 2. The replaced swimmer may not participate in any part of the Championship meet.

Section 2 In each division the top (3) finishers, racers and divers, will be declared "All League" along with the top relay team. JV/FS top racer, relay or diver all league. Placement awards shall be given to the first (6) finishers in each division event. The three (3) top relay teams from each event and division will receive placement certificates.

Section 3 The top sixteen (16) places shall be scored for team points in division championships.

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

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

ARTICLE VI **CCS Qualification**

Section 1 Each school for each event my submit (4) swimmers and (1) relay team for any event. They must make the posted CCS qualifying time. This is a Varsity playoff so all athletes must be eligible for Varsity competition.

ARTICLE VII **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 The AD in charge will 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 will make it official and approve.
- 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 VIII **League realignment**

Section 1 Movement 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 not 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.

- 1.1.1 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.