

- (k) Game Ball: The Wilson A9011 B-NCHS with .47 COR for fast-pitch, with the NFHS authenticating ball mark, is the official ball for the state championships.

4.10 SWIMMING AND DIVING

4.10.1 General:

- (a) Information on Mailings, Classifications, Payment of Officials, Eligibility Sheets, Ejections, Playoff Declaration, Unpaid Fines, NCHSAA Clinic Dates, Body Paint and Noisemakers are found under General Requirements for Interscholastic Activities (4.1).
- (b) Date of First Practice: October 30.
- (c) Preseason Scrimmages: Reference 4.1.5.
- (d) Date of First Meet: November 13.
- (e) Number of Regular Season Contests: No more than three may be scheduled per week. An individual is limited to one contest a day.
- (f) Participation Clarification: Reference 4.10.2.c.1.i.
- (g) Outside Participation: Swimmers and divers may not choose to participate in outside competition and then join the school's regular season team for participation in the state playoffs.
 - (1) Once a school calls for practice and competition begins, the swimmer/diver must join and participate with the school team.
 - (2) An athlete may not swim in an outside competition and then join the school team at a later date (if the school has a regular season team).
- (h) Health and Safety Guidelines: Reference General Requirements for Interscholastic Athletic Activities for a listing of guidelines (4.1.22) and Health and Safety Guidelines (2.3) for all the information.
- (i) Filming, Videotaping or Video Streaming: Reference 4.1.25.
- (j) Diving Judges Panel: To serve on a diving judges' panel:
 - (1) a high school coach must pass the NCHSAA diving judge test;
 - (2) a USA diving official must be registered as an NCHSAA Official;
 - (3) all other persons must be registered as an NCHSAA swimming official and pass the NCHSAA diving judge test.

4.10.2 Regional Information:

- (a) Dates: February 2-3, 2018.
 - (1) Diving competition is held the day before swimming, unless facilities allow otherwise or there are special circumstances.
 - (2) Regional assignments, along with the most current information about regional sites, dates and times, are posted on the NCHSAA website.
- (b) Qualifying Requirements:
 - (1) Swimming and Diving
 - (i) Individuals representing their school, where no team is fielded, may also qualify by competing during the regular season and times must be achieved in high school competition.
 - (2) Swimming
 - (i) If an individual (or relay team) has not recorded the minimum standard found on the NCHSAA website, the swimmer is not eligible for regional competition.
 - (ii) Relay teams may not use aggregate or split times.
 - (iii) Qualifying times shall be achieved in competition on or after the earliest date of the first meet of the season.
 - (iv) Only times achieved at meets with registered officials will be eligible for official entry into regionals.
 - (v) Schools fielding a team must compete as a team during the regular season and times must be achieved in high school competition.
 - (3) Diving
 - (i) Divers must have successfully competed in at least one meet in order to enter regional competition.
 - (ii) Coaches do not enter individuals in the diving competition unless they are capable of performing their safe 11 dives. Safety must be the utmost consideration in your decision.
- (c) Entries: Check the NCHSAA website for approved entry procedures and deadlines.
 - (1) Swimming and Diving
 - (i) Swimmers and Divers must be entered into the NCHSAA approved entry process with times and scores.

Note: All 4A schools must use NCPrepSwimming.com to upload and manage results for the official regional entry process for a one-year trial beginning in 2017-18.
 - (ii) Coaches must fill out the contact information section completely.
 - (iii) An individual may enter a maximum of four events, no more than two of which may be individual events.

- (iv) A school may enter no more than four swimmers per individual event and no more than one team per relay.
 - (v) Each individual is limited to 3 relays and 1 individual or 2 relays and 2 individual.
 - (vi) The deadline for submission of playoff entries is Saturday, January 27, 2018 at 8:00 p.m.
 - (vii) Late entries may be submitted to the NCHSAA and must be in by 3:00 p.m. the Monday prior to the regional (January 29th). Use the form on the NCHSAA website. A \$50 fee will be assessed for each individual entry. No entries after this will be accepted.
 - (viii) Changes from the submitted entry form are not permitted.
 - (ix) Only one alternate may be entered per relay.
 - (x) When entering consideration times for regionals, this rule applies as well. Enter only the two events the swimmer has the best chance in which to qualify.
 - (xi) Coaches must use the conversion chart in the NFHS rule book to convert times achieved in meters to yards.
- (d) Competition
- (1) Swimming and Diving
 - (i) Participants will be allowed to scratch from a preliminary competition event without penalty, if the scratch is delivered to the meet referee prior to the event being called.
 - (ii) A printed copy of the entries, along with the NCHSAA master eligibility list for the swimming and diving team, must be signed by the principal, and coaches must present this at check in at all regional meets.
 - (iii) Entry Lists: Entry lists for both regional and state competition will be posted on the NCHSAA website.
 - (1) Preliminary entry lists should be posted early in the week (alphabetical order-with times), and any questions can be addressed by the meet director.
 - (2) After that, the final lists should be posted by Wednesday morning (alphabetical order without times). No corrections can be made after that time.
 - (iv) Scoring: Each regional competition shall be scored on the basis of the standard sixteen (16) place scoring and shall include all events competed during the regional competition, including diving, for the purpose of determining the regional team championship. Swimmers not achieving the regional automatic or consideration qualifying standard in the finals will not score in that event.
 - (v) Order of Events: Women compete first, followed by the men, in each event except for diving where it changes each year. In regional competition there will be timed finals for all events. Schedules will be posted on the website.
 - (vi) Deck Changing: Deck changing is not allowed. Competitors must use locker room facilities, or be subject to disqualification.
 - (vii) Supervision: All individuals participating in playoff competition must be supervised. If not, they will be eliminated from competition. If anyone besides school personnel accompanies participants, a letter from the principal must be sent to the NCHSAA authorizing this and a copy of the letter must be in hand at the tournament.
 - (viii) Admission: \$6.00 (includes one-dollar surcharge for Endowment). A special \$5.00 admission is available for non-qualifiers when accompanied by coach. Non-qualifiers are not allowed on deck.
 - (ix) Expenses: Each school will bear its own expenses to the regional meet.
 - (x) Awards: The winning and runner-up team will receive plaques.
 - (1) Individual awards will be presented to the top three individuals in each event.
 - (2) Awards will be presented after the 50 freestyle, the 200 freestyle relay and at the end of the meet.
 - (3) Coaches should have their swimmers prepared to receive their awards.
 - (4) Regional directors must present the awards as scheduled.
 - (xi) Qualifiers to State Championship: Qualifying information for state championships, including times, can be found on the NCHSAA website. Qualifiers include:
 - (1) Top 8 fastest times from each 3-A and 4-A regional
 - (2) Top 12 fastest times from each 1-A/2-A, regional.
 - (3) In order to qualify for and advance to State Championships each swimmer or relay team must have achieved the Regional Qualifying standard (automatic or consideration).
 - (4) Individuals or relay teams qualifying but not intending to participate in an event of the State Championship must notify the Regional Meet Director within 30 minutes of the completion of the meet. Remaining alternates will not advance to State Championships after that time.

- (5) Substitutions for relay participants who qualify to the state meet are allowed, irrespective of the number of events swum in the regional competition, but no substitutions in individual events may be made.
- (2) Swimming
 - (i) Relay Team Entries: All regionals and state championships will use same method for relay cards. See State Championship section 4.10.3.
- (3) Diving: 11 dives, five required and six optionals (one in each category). No degree of difficulty is required.
 - (i) Two copies of the competitive dive sheets must be brought to the meet. The dive sheet can be found online at: www.diverline.com/EZMEET/Dive-VerifierProgram.html.
 - (ii) Divers must turn sheets in 30 minutes prior to warm-ups, and accuracy is responsibility of coach.
 - (iii) When diver is on the board, a coach may not coach them.
 - (iv) Any teams with divers participating should be prepared to provide table workers and judges at the meet. (Parents should not judge own child's competition).
 - (v) Two failed dives disqualifies the individual from competition.
 - (vi) A diver is disqualified if he does not make a legitimate attempt on each dive.
 - (vii) Format for all regionals will be posted on the NCHSAA website.

4.10.3 State Championship:

- (a) Order of Events: In state competition there will be preliminary and final competition for all events except for the 500 yd freestyle, and the 400 yd freestyle relay which will be competed as a timed final event. The two fastest heats of the 500 yd freestyle (each gender) will be swum with the evening finals. All heats of the 400 yd free relay will be swum during the evening finals.
- (b) Scoring: 16 places will be scored. No scoring in championship if swimmer does not swim qualifying times.
- (c) Relay Team Entries:
 - (1) Cards will be in packet upon arrival.
 - (2) Turn in cards at coaches meeting; any changes need to be given to the admin before the completion of the relay.
 - (3) Pick-up relay cards after the break and return to the admin with or without any changes (can still make changes before completion of the relay).

Example

School: EXCELSIOR HIGH SCHOOL

1. Susie Chen 2. Nancy Carter 3. Joyce Hidalgo 4. Jamalia Baker Event: 400 Freestyle Relay

- (d) Admission: \$6.00 per session or \$9.00 for an all-day pass (includes one-dollar surcharge for Endowment). Team members will be admitted upon identification by coach.
 - (1) A special \$5.00 admission is available for non-qualifiers when accompanied by a coach. Non-qualifiers are not allowed on deck.
 - (2) Parents not previously certified by the school administration, and properly submitted to the NCHSAA, as coaches will not be permitted on deck.
 - (3) If schools have assigned more than two coaches, a letter from the principal on official school letterhead must identify any additional coaches.
- (e) Awards: The winning and runner-up team will receive plaques.
 - (1) Individual awards will be presented to the top four individuals in each event and to members of the winning and runner-up teams (total of 20 individual medals).
 - (2) Awards will be presented after the 50 freestyle, the 200 freestyle relay and at the end of the meet.
 - (3) Coaches should have their swimmers prepared to receive their awards.
 - (4) Men's diving awards will be presented during the first awards presentation and women's during the second awards presentation.
- (f) Team Expenses: Travel will be paid at the rate of five cents per mile for each qualifier, including coach, up to a maximum of 35 cents.
- (g) State Diving Schedule: See NCHSAA website.
- (h) State Swimming Schedule:

3A	February 8, 2018	Site: Triangle Aquatic Center, Cary
1A/2A	February 9, 2018	Site: Triangle Aquatic Center, Cary
4A	February 10, 2018	Site: Triangle Aquatic Center, Cary