



SWIMMING AND DIVING

GENERAL

MAILINGS: Rule books are sent to athletic directors. All information pertaining to swimming should be included in this section of the Handbook or online.

CLASSIFICATION: Swimming and diving for both men and women is A/AA, AAA and AAAA.

DATE OF FIRST PRACTICE: No earlier than October 30.

PRESEASON SCRIMMAGES: Schools are allowed two preseason varsity scrimmages. These scrimmages must be conducted as events open to the public (no closed scrimmages allowed), and multiple team scrimmages are allowed.

DATE OF FIRST MEET: No earlier than November 18.

NUMBER OF REGULAR SEASON CONTESTS: No more than three may be scheduled per week. An individual is limited to one contest a day.

ELIGIBILITY SHEETS: Should be kept on file at the local school but no longer must be filed in the NCHSAA office. Must be made available to NCHSAA upon request, and are required to be shared among conference members.

PARTICIPATION CLARIFICATION: Schools not sponsoring a regular-season team may not enter individuals in the state playoffs unless approved by the Board of Directors. Requests for permission to participate in this situation, must be submitted to the NCHSAA by December 1 for consideration.

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. Once a school calls for practice and competition begins, the swimmer/diver must join and participate with the school team. The athlete may not swim in outside competition and then join the school team at a later date (if the school has a regular season team).

OFFICIALS: A referee and three other officials are required for meets involving more than two teams. Dual meets require one referee and two stroke and turn judges. A flat fee of \$45 is to be paid to each referee, and a flat fee of \$20 to be paid to each stroke and turn judge and the starter.

Meets must have the proper number of officials in order for times to be used for regional entry. If a meet is using manual timing, and only one timer per lane is used, the meet may be conducted, but the times cannot be used for regional entry.

Schools are responsible for helping recruit their own officials to register with the NCHSAA. All officials should attend NCHSAA rules clinics (see website).

REGIONALS

UNPAID FINES: Schools that have unpaid fines to the NCHSAA are not eligible to compete in the playoffs for that sport (i.e. baseball fine would be specific to baseball playoffs) unless the fine is paid two (2) days prior to the reporting date for that sport.

Any fine not paid at the end of the fiscal year (June 30) will carry over to the following school year making all teams at said school ineligible for playoffs until the fine is paid in full.

DATES AND SITES: Regional meets are January 31-February 1. Normally diving competition is held the day before swimming, unless facilities allow otherwise or there are special circumstances. **Only times achieved at meets with registered officials will be eligible for official entry into regionals.** Performances at meets using non-registered officials may not be used for qualifying. **Divers must have successfully competed in at least one meet in order to enter regional competition.**

REGIONAL ASSIGNMENTS: Regional assignments, along with the most current information about regional sites, dates and times, are posted on the NCHSAA website. Go to <http://www.nchsaa.org>, and click on the link for swimming information. Please note that changes may occur in sites, times, etc., even near the scheduled event, so check shortly before the appropriate date to make sure there are no last minute changes.

REGIONAL ENTRY: Check the NCHSAA website for entry procedures for DirectAthletics and deadlines. Coaches must fill out the contact information section completely. Coaches must use the conversion chart in the National Federation rule book to convert times achieved in meters to yards. Deadline for submission of playoff entries to DirectAthletics is 6:00 p.m. Saturday the week prior to the regional meet. Directors may call schools who have failed to send in entries by the deadline. Late entries may be submitted to the NCHSAA and must be in by 9 am the Monday prior to the regional. Use the form on the NCHSAA website. A \$50 late fee will be assessed for each individual entry. No entries after this will be accepted.

Changes from the submitted entry form are not permitted. **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.**

A printed copy of the DirectAthletic 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.

NOTE: The diving entry form can be found online at: www.diverline.com/EZMEET/Dive-VerifierProgram.html. **Two copies must be brought to the meet.**

ENTRIES: An individual may enter a maximum of four events, no more than two of which may be individual events. A school may enter no more than four swimmers per individual event and no more than one team per relay. Each individual is limited to 3 relays, individual or 2 relays, 2 individual. Only one alternate may be entered per relay. **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. Divers must be entered into Direct Athletics just like swimmers and a score must also be entered (Swim and Dive coaches must COMMUNICATE).**

QUALIFYING REQUIREMENTS: If an individual (or relay team) has not recorded the minimum standard found on the NCHSAA website, the swimmer or diver is not eligible for regional competition. **Relay teams may not use aggregate or split times.** Qualifying times shall be achieved in competition on or after the earliest date of the first meet of the season. **Schools fielding a team must compete as a team during the regular season and times must be achieved in high school competition.** 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.

ENTRY LISTS: Entry lists for both regional and state competition will be posted on the NCHSAA website. Preliminary entry lists should be posted early in the week (time order), and any questions can be addressed by the meet director. After that, the final lists should be posted by Wednesday morning (no times—just alphabetical order). No corrections can be made after that time.

DIVING: 11 dives, five required and six optionals (one each category). Divers must be entered into Direct Athletics with scores. **A copy of Direct Athletics entries must be signed by the principal and coaches must present this at check-in at the regional meets (diving event included).**

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.

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.

DECK CHANGING: NO deck changing is allowed. Competitors must use locker room facilities. Disqualification may occur.

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.

ADMISSION: \$6.00 (includes one dollar surcharge for Endowment). A special \$5.00 admission is available for nonqualifiers when accompanied by coach. Nonqualifiers are not allowed on deck.

EXPENSES: Each school will bear its own expenses to the regional meet.

QUALIFIERS TO STATE CHAMPIONSHIP: Qualifying information for state championships, including times, can be found online. Qualifiers include:

a) Top eight fastest times from each 3-A and 4-A regional; top 12 fastest times from each 1-A/2-A, regional.

b) 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).

c) 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. 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.

DIVING: 11 Dives, 5 Required 6 Optionals (1 each category)—no degree of difficulty required. 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. **This is very important!** Please enter only qualified divers. Coaches, you must evaluate your divers carefully and only enter capable participants. **Divers must have successfully competed in at least one meet in order to enter regional competition. A copy of Direct Athletics entries must be signed by the principal and coaches must present this at check-in and the regional competition.**

- when diver is on the board, a coach may not coach them.
- any team with diver participating should be prepared to provide a table worker at the state meet.
- two failed dives disqualifies the individual from competition
- a diver is disqualified if he does not make a legitimate attempt on each dive
- divers must turn sheets in 30 minutes prior to warm-ups, and accuracy is responsibility of coach - bring two copies.
- schools having divers must provide table workers and judges.
- coaches may be judges if necessary (parents should not judge own child's competition).
- the regional diving format at all regionals should be the same. Complete all 11 dives for women before the men's competition begins.

BODY PAINT: No face/body paint will be allowed.

RELAY TEAM ENTRIES: All regionals and state championships will use same method for relay cards. See Championship section.

Regional Sites and Director's Information

There will be three regionals in the 3-A and 4-A classifications (East, Central, West), and two regionals in 1-A/2-A (East, West). Dates, sites and directors are listed on the NCHSAA website.

Regional Time Schedule

Diving: See website for schedule.

Swimming: See website for schedule.

REGIONAL AWARDS: The winning and runner-up team will receive plaques. Individual awards will be presented to the top three individuals in each event. Awards will be presented after the 50 freestyle, the 200 freestyle relay and at the end of the meet. Coaches should have their swimmers prepared to receive their awards. Regional directors must present the awards as scheduled.

STATE CHAMPIONSHIP

ORDER OF EVENTS: In state competition there will be preliminary and final competition for all events except for the 500y freestyle, and the 400 freestyle relay which will be competed as a Timed Final event. The two fastest heats of the 500y freestyle (each gender) will be swum with the evening finals. All heats of the 400 free relay will be swum during the evening finals.

SCORING: 16 places will be scored. No scoring in championship if swimmer does not swim qualifying times.

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			

ADMISSION: \$6.00 per session (includes one dollar surcharge for Endowment). Team members will be admitted upon identification by coach. *Parents not previously certified by the school administration, and properly submitted to the NCHSAA, as coaches will not be permitted on deck. If schools have assigned more than two coaches, a letter from the principal on official school letterhead must identify any additional coaches.*

An all day pass will be available for \$9.00 (includes one dollar surcharge for Endowment). A special \$5.00 admission is available for nonqualifiers when accompanied by coach. Nonqualifiers are not allowed on deck.

AWARDS: The winning and runner-up team will receive plaques. 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). Awards will be presented after the 50 free-style, the 200 freestyle relay and at the end of the meet. Coaches should have their swimmers prepared to receive their awards. Men's diving awards will be presented during the first awards presentation and women's during the second awards presentation.

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.

• **2013-14 State Diving Format:** see website

• **2013-14 State Swimming Format:** all classifications

1A/2A Feb. 6, 2014 Site: TBA

4A Feb. 7, 2014 Site: TBA

3A Feb. 8, 2014 Site: TBA

*Diving held the day prior to swimming

Facility opens: 7:00 am

Pool opens for general warm-ups: 7:30

Specific lane assignments: 7:30 am

Specific sprint lanes: 8:00 - 8:15 am

Clear pool for coaches' meeting: 8:15 am

Coaches meeting: 8:15 - 8:45 am

(head coach and captains must attend)

Prelims: 8:45 am until completion

Final Warm-ups: 4:00 pm

Finals: 5:00 pm

CLINICS: All head coaches are required to attend one of the NCHSAA clinics or one in conjunction with the rules session at the North Carolina Coaches Association Clinic in Greensboro in July.

2013-14 NCHSAA State Swimming Clinic Dates: See NCHSAA website.