

SWIMMING AND DIVING

A. Rules

The book of rules is provided by the National Federation of State High School Athletic Association Edition of Swimming and Diving except as modified herein.

For meets other than the MIL Championship, or the HHSAA Championship, each participant is allowed a maximum of four (4) events and all four (4) may be individual events.

B. League Format

Championship Meets

Where awards are involved, the meet shall have a public address system. The winners, qualifiers and the alternates shall be announced immediately after each event.

There shall be a referee, a starter, a head judge, a recorder, a clerk of the course, announcer, finish judge, lane officials, and messengers.

Each participating school shall be assigned specific duties, such as preparing the score cards, contacting officials, arranging publicity, providing public announcement system, preparing and serving refreshments to the officials, helpers, and coaches.

Results of the meet: A copy of the entire meet shall be recorded and delivered to the newspapers as soon as the meet ends by the meet director.

MIL Entries for all but dual swim meets are done by submitting a HyTek™ Team Manager™ entry file to the Meet Director. If a team does not have Team Manager, the HHSAA entry form should be used. For Qualifying meets, use a best High School time for the current year, or a best estimate based on time trial or other competition. Best times to the 100th of a second should be used.

Order of events as follows: Alternate the sequence of male and female events.

Dual or Quadrangular Meets: Each school shall provide three officials. Meet schedule shall be published by AD in charge of swimming.

MIL Championship Meets

The varsity championship shall be boys and girls divisions. The trials shall be on Friday at 5:00pm. and the diving finals on Saturday at 9:00 a.m; swimming finals 1:00pm. There shall be no more than eight individual finalists in each event. The director will call a meeting of the coaches 30 minutes before the meet for scratch and clarification.

To qualify for the MIL Championship, the participants must have an official time or score, made in a HHSAA sanctioned meet for the event entered. NT's will not be accepted. The 500 free will be the only event with a qualifying time: 8:00 for girls, 7:45 for boys.

Meet Committee

At the seeding meeting for the MIL Championship meet, a committee will be formed consisting of the MIL Coordinator or designee, the meet referee and one other official. This committee shall make decisions on the matters not specifically covered by rules and **the decision of the meet committee is final.**

C. Equipment

For MIL Championships, all participants must wear team uniforms. Team uniforms is defined to be swimsuits of the same colors (school colors recommended). Swim caps (optional) should show the school's name or logo and be the same make and design and have the school's colors.

Although the host school is responsible for setting up starting blocks, lane markers, etc. for meets, the visiting teams should also lend a hand and make it a cooperative venture.

D. Miscellaneous

All meets on Saturday will start at 10:00 a.m.

Night swimming: A day meet may continue till, but shall not commence after sundown. Meets starting at 5pm (MIL Championship Preliminaries, MIL Invitational Friday) may continue past sundown.

Song and Cheerleaders: All the schools are encouraged to send either a team or a representative to the MIL Championship Meet for the presentation of awards

The AD in charge of swimming shall be the director of the meet for the MIL Championship or he shall appoint a director from his school.

Seeding Meeting: Entries for the MIL Championship Meet must be submitted at the seeding meeting. Entries may be submitted to the Sport Coordinator or his designee prior to the meeting in a sealed envelope.

Once submitted, all entries are final. A coaches' scratch meeting will be held prior to each meet for scratches only. No changes or a swimmer's events or additions of swimmers will be allowed. Once scratched from an event, there can be no reinstatement.

Coaches should practice safety and safe coaching at all times. Do not practice diving or starting through the hula hoop drill unless water is over 9 feet deep. Be especially vigilant to pool entry from the shallow end.

E. Events for the Quadrangular Meets and MIL Championships:
Boys and Girls Events:

- (1) 200 yards Medley Relay
- (2) 200 yards Freestyle
- (3) 200 yards Individual Medley
- (4) 50 yards Individual Freestyle
- (5) 1 Meter Diving
- (6) 100 yards Butterfly
- (7) 100 yards Freestyle
- (8) 500 yards Freestyle
- (9) 200 yards Freestyle Relay
- (10) 100 yards Backstroke
- (11) 100 yards Breaststroke
- (12) 400 yards Freestyle Relay

If there is no diving, there will be a break no to exceed 20 minutes before the 100 yards butterfly. (Exception: MIL Championships break will be longer to allow for senior awards and a possible diving demonstration.)

The preferred method of timing is Electronic Timing. Stopwatches will be used as a backup. Officials: The referee should ensure at least one officials keeps track f order of finish in case of electronic system or other timing failure. Timers--if there is a failure of the electronic system and a a timer's watch for the same lane during any event, the referee has the final decision. Finish judges will also be called upon to determine the order of the finishes.

If there is a possible dispute on a finish due to timing system failure, timers and other officials should not confer with swimmers or coaches until the order of finish has been determined.

Timers with no swimmers in their lanes shall start their watches as back-up for other lanes.

Diving Judges: Use competent diving judges for meets. Diving Coaches should be responsible for obtaining the diving judges.