

Article VIII - Swimming

800: Practice

- a) Interscholastic practice during the school year is defined as:
 - a. any school team or individual activity organized by the coach that is intended to maintain or improve a student-athlete's skill proficiency in a sport AND/OR
 - b. any school team or individual activity that includes skill drills, game situation drills, inter- squad scrimmages or games, chalk talks, film review, meetings outside of school time (excluding parent meetings). AND/OR
 - c. any other coach-directed or supervised school team or individual activity or instruction for a specific sport AND/OR
 - d. Any other team or individual instruction for a specific sport organized or supervised by any team member, or anyone else associated with the team or the school AND/OR tryouts.
- b) Any single practice session shall be no longer than 3 hours in length.
- c) There shall be a minimum of 2 hours between any two practice sessions in a single day.
- d) Conditions for Optional, Non-Mandatory Off Season Individual & Small Groups Skill Development: Coaches are allowed to work with their athletes in a designated off season 8 week program individually or in a small group of no more than 4 athletes, no more than one hour a day and no more than twice a week for an athlete.

801: Meets

- a) All meets shall be run according to the Currently National Federation of State High Schools Association Swimming & Diving Rule Book.
 - i. Each swimmer will be allowed to swim in no more than four events.
 - ii. Each school can enter multiple relay teams per event
- b) The order of events as listed in the Swimming & Diving Rule Book shall be used for all meets unless changed by mutual consent of all the coaches and Meet Director.
- c) Meets will begin at 4:00 pm.
- d) Each school **must** provide three timers. Swimmers will not be allowed to compete unless their school provides three timers. The host school will provide the watches.
- e) There will be three entries in any event per school for varsity events and unlimited entries in junior varsity events.
- f) Lanes will be assigned even for visitors, odd for the home team.
- g) All dual meets will be scoring, and results will still be sent to the media.
- h) JV Events will be same as Varsity with the exception of:
 - 100 Individual Medley

50 Butterfly
 50 Backstroke
 50 Breaststroke

802: League Championship Meet

- a) The WBAL Swimming Championship meet shall be held no later than one week prior to the CCS region competition and earlier than two weeks prior to the CCS region competition.
- b) The meet will be held at a site, which has a minimum of 6 lanes and meets with the approval of a majority of the swim coaches.
- c) The meet will be seeded by times. Entries are due to the Meet Director as posted on the entry form. All times must be of the current season.
- d) All entries must be sent electronically on the league entry form.
- e) Late entries will have a 24 hour window to be received and that school will be fined \$100 in order for the athletes to participate. No entries received after the 24 hour window will be accepted.
- f) Entries for the League Championships for girls and boys will be **unlimited** for each school. Schools may only enter one relay team per event. Each swimmer will be allowed to swim in no more than four events.
- g) Each school **must** provide two timers (back up for timing system)
- h) League will pay for rental of timing system, if necessary.
- i) The meet may be a two day event with preliminaries on day one, and consuls (9-16 place) and finals (1-8 place) on day two. There will be no consuls for relays – just preliminaries and finals.
- j) Starting time for the league meet will be determined by the Swim Committee, depending on the number of swimmers competing.
- k) The top 16 times from the preliminaries will be invited back for the finals on the second day. The top 16 times in the finals will be scored and top six individuals will receive honors (Place 1-3 medals, Place 4-6 ribbons). There will only be four scorers from each school per event.
- l) The order of events at the League Finals will follow the CCS schedules and will run the Consuls then the Finals of each event. Scratches in the finals will be filled at the coaches meeting.
- m) In the relays the school qualifies as a team.
- n) A swimmer must compete in at least 50% of the WBAL swim meets to qualify to compete in the WBAL championship meet, unless due to injury, illness or death in the family.
- o) There will be stroke and turn referees at the championship meet. The host school will be responsible for providing the referees.
- p) Teams may only enter one relay team per event.
- q) League Champion will be determined by weighing 50% on the dual meet record and 50% on placement in league finish.

- r) All league dual meets must take place.
- s) B relays for League Championship – no scoring
 - can not move a relay to A final if A is DQ'ed
 - unlimited entries for LC, but only top 4 per school will advance to finals and consultations (#5 and #6, etc go to B relay)

803: Host School Responsibilities for Meets

A host school must provide starter, starter's gun with blanks or timing system, microphone or bull horn, stroke and turn referees, lap counters, recorder of times, and timers for each lane with watches.

804: All League Process

The all league process will follow the WBAL suggested process. The MVP will be called the Most Outstanding Swimmer.

805: Crowd control

- a) The home school has every right to ask any home or visiting spectator to leave due to inappropriate behavior.
- b) If an incident does occur, fill out the CCS incident form and send it to the League Commissioner.