

BAY VALLEY ATHLETIC LEAGUE BOYS AND GIRLS SWIMMING AND DIVING GUIDELINES

Revised May 2019

Revised by: BOM January 22, 2020

Season

- A. Swimming and Diving is a spring sport as defined by the North Coast Section (“NCS”).
- B. Meets shall be conducted in accordance with the the National Federation of State High School Associations Swimming and Diving Rules (“NFHS”) and in alignment with the NCS.
- C. All BVAL meets are to run on a six-lane basis. Home team has even lanes; visitors have the odd lanes. In an eight-lane pool, the outside lanes (lane 1 & lane 8) will be non-scoring.
 1. At dual meets, the home team will try to provide a minimum of 2 timers per lane. It is the home team’s obligation to inform the visiting coach if extra timers are needed in the advance of the dual/double meet. If Diving is held, and help is needed to adjudicate the diving meet, it is the home team’s obligation to inform the visiting coach should help be needed.
 2. The Home team will provide: an electronic timing & scoring system (including functional timing mechanisms for each lane), and diving score sheets, for the dual meets. If Diving is to be held, the home team will provide necessary materials for a diving desk.
- D. Meet entries to be submitted to Home Team the morning of the day before a meet (by 10:00am) and must be submitted electronically using a format accepted by Hy-Tek Meet Manager
- E. The visiting team is to provide as many timers as possible.
- F. Meets will be held on Fridays, **or by prior agreement**, and start at 3:45 PM.
- G. The swimming and diving season starts on the Monday in February as stated in the NCS Sports Handbook.
- H. Maximum number of contests is fourteen plus two scrimmages, as stated in the NCS Sports Handbook.
- I. Athletes will adhere to the NFHS rules pertaining to uniforms (NFHS 3-3-2). Exceptions will be made for transgender athletes and athletes citing religious observation.

League Champion

- A. The BVAL champions will be determined by the following formula which considers both the dual meet season and BVAL Swimming and Diving Championship Meet:

Placement	Dual Meets
First	100
Second	90
Third	80
Fourth	70
Fifth	60
Sixth	50

The Dual Meet points (“championship scoring” per NFHS 7-1-3) will be added to the BVAL Swimming and Diving Championship Meet points to determine the overall BVAL Champion.

- B. Pennants will be awarded based on the above formula (A.) League medals will be awarded to the first, second, third and fourth place finishers in the BVAL Swimming and Diving Championship Meet. The first place finishers will be declared “First Team All League” and they will receive a certificate and medal. Second place finishers will receive a second team “All League” certificate and medal. Third place finishers will receive an “Honorable Mention” certificate and medals and fourth place will receive medals only. “MVP” of the BVAL will be determined for one boy and one girl.
- C. The Championship meet will be at a site to be chosen by the Swimming and Diving coaches at their post-season meeting.
- D. The Meet Director will determine the office entries date.

Classification of Teams

- A. Varsity and Junior Varsity teams. Junior Varsity swimmers are defined as any swimmer not competing on the varsity level for that particular meet.

Athlete Eligibility

- A. Paralympic events will be designated Junior Varsity or Varsity, included in the dual meet and BVAL Championship meet format, and scored in accordance with NFHS and CIF rules and consistent with the NCS Championship meet. Paralympic athletes must meet the California Interscholastic Federation (“CIF”) State Swimming & Diving meet criteria for Paralympic, and eligibility will be confirmed by either the school’s Athletic Director and/or Principal. Documentation will be maintained in the student’s confidential cumulative file.
- B. Paralympic athletes will designate whether they will swim Paralympic swimming events at the beginning of the season.
- C. Paralympic athletes may compete in Paralympic events and traditional events in the same meet. They may not compete in the same event as a Paralympic and as a traditional athlete in the same meet (i.e. they may not compete in the Paralympic 50 freestyle and the traditional 50 freestyle in the same meet).
- D. Scoring of Paralympic events will follow CIF guidelines (2 points for first place and 1 point for places two through six)
- E. All athletes in their Senior year must compete in all dual meets and the BVAL Championship in the Varsity division. A Senior may be entered into a meet in the Junior Varsity division, but must be marked “exhibition” (non-scoring) for all individual events, and if they are placed on a relay team, that relay team must also be marked “exhibition” (non-scoring).

Incomplete Meet

- A. If a meet is stopped for unreasonable weather conditions before a winning score has been reached, entries will be resubmitted and the meet will be resumed at an agreed upon date.

Meet Results/Records

- A. The Host team should deliver a full set of results (including the Hy-Tek Meet Manager backup file) within 24 hours of the completion of the meet. A meet is considered “completed” when all events have been completed (i.e., if diving is being conducted

separately, meet results must include diving to be considered complete). Both coaches should review meet results as soon as possible following the conclusion of the meet and any corrections should be made within 48 hours of the completion of the meet (NFHS 4-2-3). It is host coach's responsibility to make any corrections. If any corrections affect the outcome of the meet, the host coach must report this to the visiting coach or vice-versa.

League Championship Meet Format

A. There may be unlimited entries of swimmers and divers per event. Only four will advance to finals and be eligible to score. Schools may enter unlimited relay teams, however only one advances to finals and will be eligible to score. Junior Varsity Divers must be able to perform six (6) dives. Varsity divers must be able to perform eleven (11) dives.

B. The following structure will be used:

When possible, JV and Varsity diving will be held on the same day.

Day one: JV and Varsity Diving

Day two: Swimming Trials

Day three: Swimming Finals

Note: After time trials on day two, individual time trials may be run to qualify for NCS. After the Finals event 400 Varsity Men's Freestyle Relay, no time trials may be run for NCS qualifying.

League Championship Meet Management

A. All coaches will share responsibilities for successful BVAL meets.

B. BVAL Meet responsibilities will be determined at the pre-season meeting.

Examples of responsibilities are listed, but not limited, to the list below.

1. Meet Director: Seeding, Meet Desk, Entries
2. Meet Director: Administrative
3. Colorado Timing System:
4. Set Up – Security:
5. Announcer:
6. Officials: Starter, Stroke and Turn Judges:
7. Program:
8. Snack Bar: Money to hosting school.
9. Posting and Runners:
10. Awards:
11. Clean up:
12. Media Contact:
13. Diving Referee:
14. Diving Desk:

- All BVAL schools will be required to staff one competition lane with three (3) timers for both the trials and finals session of the championship meet.
- All BVAL schools will be required help with the set-up and clean-up efforts before and after the championship meets on both days.

- All BVAL schools will assist / support the efforts to run the championship meets.

Other Requirements and Procedures

All head coaches are required to attend the Bay Valley Athletic League Pre-Season and Post-Season meeting during their sport's season. A representative may be sent as a substitute with the approval of the school's athletic director.

The following procedure will take place at the sport's pre-season meeting.

1. Coaches will exchange schedules with opposing coaches and, when applicable, with a representative of the officials association.
2. Coaches will review their sports guidelines.
3. Coaches will create the tentative schedule for the following season.

The following procedures will take place at the sport's post-season meeting:

1. Coaches will review the season and their sport's guidelines and make recommendations for change (which must be approved by the Athletic Directors and Board of Managers to be official).
2. Coaches will select the "All League" team for their specific sport (where applicable). A school not represented at the post-season meeting may be assigned "Honorable Mention" player positions ONLY.

BVAL All Sportsmanship Team

- A. At the BVAL postseason meeting, the BVAL specific sport coaches will recognize those individuals that have demonstrated and serve as models for others in sportsmanship.
- B. Each sport will determine the number of selections for an All Sportsmanship team.
- C. Coaches may nominate any player from an opposing team who they observed as practicing good sportsmanship. Coaches may not self-nominate their own players.
- D. Coaches will then discuss and vote on those individuals to be given all-sportsmanship team recognition.
- E. Those individuals selected to the all-sportsmanship team will be given certificates by the league and publicized in the local press.