

SWIMMING AND DIVING

8.0 GOVERNING RULES

The National Federation rules shall govern all swimming and diving except whereas modified by CIF or the Sac-Joaquin Section.

8.1 CONTACTS

Not applicable

8.2 START DATE

The start and end dates will be determined by the CIF Sac-Joaquin Section.

8.3 PLAYER CLASSIFICATION

An athlete may move from one athletic classification to another at any point in time during the season. The athlete is restricted to only one classification per day and must adhere to the established total number of contacts per season as stated in Sac-Joaquin Section bylaws.

8.4 RULES OF THE SPORT

- A. The host team is responsible for reporting the final Championship results to the League Representative/Commissioner.
- B. After the SJS designated start date, no high school student will be able to swim in competition other than a high school sponsored event. For outside competition refer to Sac-Joaquin Section By-law articles 600 to 605.
- C. Official program, order of events and rules regarding swimming and diving will be conducted as per NFHS rules.
- D. Conduct of League Championship Meet:
 1. The league champion will be determined by the results at the Metro League Championship Meet.
 2. SITE SELECTION: The athletic directors of the Metro League will select the site for the League Championship.
 3. MEET DIRECTOR: The athletic director or swimming coach of the host school shall be responsible for conducting the business details according to the adopted administrative policies and procedures.
 4. ENTRY AND SCRATCH DEADLINES: The host school is to print and send out entry information at least two weeks in advance of the meet.
 5. Entry files shall be e-mailed to the Meet Director no later than noon of the Sunday preceding the meet. Divers shall submit a signed copy of their entire diving program by the Scratch Deadline.
 6. No additions, withdrawals, or substitutions may be made after noon on the Sunday preceding the meet. No deviations from this rule will be permitted.

7. A scratch meeting shall be held by the Meet Director immediately preceding both the Diving and Swimming Competition.
8. The host school shall be responsible for the following:
 - a) officials, timers, and judges.
 - b) Payment of starter(s)
 - c) Printing of the program
9. Admission must be charged for the League Championships.
10. A meet summary of the results shall be published and sent to participating schools, the league representative, and the league commissioner.

8.5 ALL LEAGUE AWARDS AND SELECTION PROCESS

All-League selections will be determined by the first place finishers in each individual event at the championship meet. First place relay teams will also be considered All-League. However, individuals are limited to one all-league patch regardless of the number of first place finishes he/she may earn. The Coach of the Year will be selected.

8.6 POST-SEASON QUALIFICATION PROCEDURE

Post season qualification is determined by the CIF Sac-Joaquin Section.