

## **SWIMMING AND DIVING**

### 8.0 GOVERNING RULES

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

### 8.01 CONTACTS

The CIF Sac-Joaquin Section will determine the number of maximum allowable contacts.

### 8.02 START DATE

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

### 8.03 START TIME

Dual meets begin at 4:00 pm

### 8.04 PLAYER CLASSIFICATION

An athlete may, during practice games, move from one athletic classification to another but may not compete in more than one classification in one day. In league and section playoff games, the athlete shall only compete at the higher classification where he/she will remain for the duration of the season.

### 8.05 RULES OF THE SPORT

- A. The home team is responsible for reporting the final results to the Sacramento Bee.
- B. After March 1<sup>st</sup>, no high school student will be able to swim in competition other than high school sponsored event. For outside competition refer to Sac-Joaquin Section By-law articles 600, 604 and 608.
- C. All contests will take place on Tuesdays and Thursdays.
- D. Official program, order of events and rules regarding swimming and diving will be conducted as per section rules.
- E. Conduct of League Championship Meet:
  1. The Metro Conference Champion is to be determined by the Metro Championship Meet.
  2. SITE SELECTION: The athletic directors of the Metro Conference will select annually the site for the Conference 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 cards shall be in the hands of 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) necessary officials, timers, and judges.
  - b) Payment of starter (s)
  - c) Printing of the program
9. Admission may be charged for the League Championships.
10. A meet summary of the results shall be published and sent to participating schools and the news media.

#### 8.06 ALL LEAGUE AWARDS AND SELECTION PROCESS

All-Conference individual 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-conference. Individuals are limited to one all-conference patch regardless of the number of first place finishes he/she may earn. The coach of the year will be selected.

#### 8.07 POST-SEASON QUALIFICATION PROCEDURE

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