

## Article IX – Swimming and Diving

### 1. PRACTICE

- A. “Organized Practice” is defined as a practice which is attended by the players and a coach, and at which the coach directs, instructs and drills the player, players and/or the whole team.
- B. Practice shall not be held on Sundays or Christmas.

### 2. STARTING DATES – No organized practice for all levels may begin prior to a date established by the CCS — See page 11.

### 3. COACHING STAFF LIMIT – The maximum number of coaches, paid or volunteer, for swimming and diving, including the diving coach, is 4 for boys and 4 for girls.

### 4. GAMES AND GAME LIMITS

- A. It is considered to be a “game” whenever two schools meet in any competition in any CIF-approved sport. The game limit for swimming and diving is 13 dual meets and/or tournaments for all teams.
- B. A tournament counts as the minimum number of contests guaranteed.
- C. An alumni contest shall not be included in the game limit of any sport.
- D. Games shall not be played on Sundays and Christmas.
- E. Games shall be held according to the National Federation Rules.

### 5. STARTING TIMES

All League meets shall begin at 3:00 PM. Starting times for all meets shall be designated on all schedules and must be observed under the penalty of forfeiture.

### 6. SCHEDULE

- A. The League schedule shall be a single round of dual meets.

### 7. ELIGIBILITY

- A. Moving Up OK, But No Downward Movement After League Begins: No player of a team whose name appears on an eligibility list may be moved to a team of a lower classification once the League starts, even though he/she may not have played in nor suited up for a League game. A player may be moved up to a team of a higher classification at any time during the season and his/her name shall be added to the official eligibility list as soon as possible, with proper and prompt notice to the other schools.
- B. Temporary Moves to the Varsity: Once League play begins, a player on a lower-level team may be moved to the varsity team on a temporary basis for non-league contests. However, the player may not exceed the maximum number of contests for the season.
- C. Seniors: Senior athletes are not eligible for junior varsity competition. D. League Championship Meet – The eligibility rule is as follows:
  - 1. Freshman and sophomore athletes who competed on the varsity level during the dual meet season may be entered in the frosh/soph or junior varsity League championship meet.
  - 2. Athletes may not change classification (varsity, frosh/soph, or JV) after being seeded in an event in the League championship meet. E.

#### Season Long Play— 50% Rule

Athletes must participate in at least ½ of all league matches to qualify for CCS playoffs.

This is the CCS 50% rule and specific language can be found on page 21 of the handbook.

8. SPORT-SPECIFIC RULES

- A. Levels of Competition  
Boys – There shall be varsity and frosh-soph competition.  
Girls – There shall be varsity and junior varsity competition.
- B. Reporting Results of League Meets  
The host school shall be responsible for compiling the meet results and for reporting them to the League Statistician.
- C. DIVING – If the home team does not have adequate diving facilities, including depth of the pool, then they must move diving to the opposite school's site or a site chosen by the League Commissioner. If a school refuses to dive at the opposite site, then the points will be awarded to the other team.

9. POSTPONEMENTS

- A. League dual meets shall be rescheduled by the host school, after notifying the Commissioner, at the earliest possible date.
- B. The League championship meet shall be rescheduled for the earliest possible date by the Meet Director under the direction of the Commissioner.

10. LEAGUE CHAMPIONSHIPS

- A. The winner of the dual meet competition shall be declared a League champion.
- B. In the event that the winner of the dual meet competition does not win the League championship meet, then the team that wins the League championship meet shall be declared co-champion with the round robin winner.
- C. If two teams tie for first place in the dual meet standings and one team has defeated the other, that team shall be declared the round-robin champion.
- D. If two teams tie for first place in the dual meet standings and tied their specific dual meet against each other, then they shall be declared co-champions with the team that wins the League championship meet.
- E. If more than two teams tie for first place in the dual meet standings, then the winner of the League championship meet shall be declared the sole League champion.

11. LEAGUE CHAMPIONSHIP MEET

- A. The League championship meet shall be organized and managed by the Athletic Directors of the responsible schools, assisted by the Swimming and Diving Chairman, and under the supervision of the Commissioner.
- B. Swimming and Diving Committee shall meet prior to the League championship meet to assist in the preparation of the meet. At this meeting, the following will take place:
  - 1. Entries shall be determined.
  - 2. Rules and regulations shall be reviewed.
  - 3. Responsibilities for the various aspects of the meet shall be determined, for example, support staff, equipment, supplies, and materials. There shall be a \$15 fine per person charged to any school that fails to provide the necessary personnel.
- C. The operation of the League championship meet shall be a rotating schedule. Also, the operation of the diving championship meet shall be hosted by Presentation.
- D. Trials and finals shall be held on separate days.
- E. Schools shall be limited to four official entries per individual event, and one official entry per relay event. Schools shall be allowed an unlimited number of unofficial entries for individual events, and one unofficial entry for relay events. Unofficial entries may not qualify for the finals.
- F. Eight lanes shall be used for the finals.
- G. The meet shall be scored through 16th place (finals and constitution finals).

- H. Start times shall be 12:30 for warm-ups and 2:00pm for regular meet.
- I. Diving – On the varsity level, diving shall consist of 11 dives. On the frosh-soph/JV level, diving shall consist of 6 dives. Any diver who fails to complete 10 dives at the varsity level or 5 dives at the frosh-soph/JV level shall be disqualified from the League championship meet by the Meet Director. The site for the Diving Championships shall be established each year when schedules are approved. Current sites are Presentation. Start times are warm-ups 2:30, and actual event 4:00pm.

January 18