



## Diablo Valley Athletic League SWIMMING/DIVING GUIDELINES

### 1. SEASON

- 1.1 Practice Start Dates are determined by the North Coast Section.
- 1.2 Maximum number of contests: 14 dual meets and 2 scrimmages
  - 1.2.1 Maximum numbers do not include DVAL Championship Meet or NCS Championships, as determined by the NCS.
  - 1.2.2 Maximum number does include any relay meets or invitational swim meets.
- 1.3 The DVAL Championship Meet will be scheduled 2 weeks prior to the NCS meet unless that days falls during Easter/Spring Break. In that case the schools will determine whether to hold the meet 3 weeks prior to the NCS meet or 1 week prior to the meet.

### 2. CONTEST INFORMATION

- 2.1 Starting Times: 3:45 PM
- 2.2 Days of Competition: Wednesday
  - 2.2.1 Day of competition may be changed by mutual agreement of the coaches, Athletic Directors and Principals.
- 2.3 Order of Events:

	Junior Varsity	Varsity
2.3.1	200 Medley Relay	200 Medley Relay
2.3.2	200 Freestyle	200 Freestyle
2.3.3	100 IM	200 IM
2.3.4	50 Freestyle	50 Freestyle
2.3.5	Diving	Diving
2.3.6	50 Butterfly	100 Butterfly
2.3.7	100 Freestyle	100 Freestyle
2.3.8	500 Freestyle	500 Freestyle
2.3.9	200 Free Relay	200 Free Relay
2.3.10	100 Back Stroke	100 Back Stroke
2.3.11	100 Breast Stroke	100 Breast Stroke
2.3.12	400 Free Relay	400 Free Relay
- 2.4 By Mutual agreement of the coaches, the JV 50 Butterfly and 100 IM may be replaced by 100 Butterfly and 200 IM
- 2.5 There will be a ten minute diving break at those pools where diving is held in pool separate from the swimming competition.
- 2.6 Scoring:
  - 2.6.1 Varsity and JV meets shall be scored separately.
  - 2.6.2 Individual events and relays shall be scored according to the guidelines set by the National Federation of State High School Association.
  - 2.6.3 All dual meets shall be scored on official DVAL score sheets.
    - 2.6.3.1 White copy - home school.
    - 2.6.3.2 Yellow copy - visiting team.
    - 2.6.3.3 Pink copy - school of records
  - 2.6.4 Records can only be established in the DVAL Meet.

### 3. RULES

- 3.1 Swimming shall be conducted under the regulations of the National Federation of State High School Associations.
- 3.2 Eligibility:
  - 3.2.1 A swimmer may be moved from/to the Varsity to/from the JV at any time during the season, but not during a dual meet.
  - 3.2.2 Competition is limited to Varsity and JV for boys and girls teams.
- 3.3 Participation of Players:
  - 3.3.1 If there is a girl's team, girl swimmers must swim or dive on that team.
  - 3.3.2 If there is no girl's team, a girl swimmer is eligible to swim on the boy's team.
  - 3.3.3 A girl swimmer who swims on a boys or student team during the dual meet season must compete in the girls DVAL meet.

4. **OFFICIALS**
  - 4.1 Use competent officials whenever possible.
  - 4.2 Host school shall provide one starter, and if possible, one person to judge relay starts and stroke and turns.
  - 4.3 Visiting school shall provide six watches for timing.
  - 4.4 Timing responsibilities shall be divided equally between teams.
  
5. **DETERMINING LEAGUE CHAMPION**
  - 5.1 The team or teams that win the DVAL Swimming Championship Meet, including the Diving results will be declared the Champion.
  - 5.2 In case of a tie, there will be co-champions of the league.
  
6. **PLAYOFF FORMAT**
  - 6.1 DVAL Diving Championships:
    - 6.1.1 The diving meet format shall be decided prior to the first league dual meet.
    - 6.1.2 The diving divisions will be Varsity and Junior Varsity.
    - 6.1.3 Each school may enter six divers in each division but only the top four are eligible to score.
  - 6.2 DVAL Swimming Championships:
    - 6.2.1 Each school may enter **ten** Varsity swimmers per event, but only the top four will score. Each school may enter an unlimited number of JV swimmers per event, but only the top four will score.
    - 6.2.2 Scoring will include 16 places and will be in accordance with the National Federation of State High School Associations specifications.
    - 6.2.3 There shall be Varsity and JV swim meet divisions, scored separately.
    - 6.2.4 Each school may enter two relays but only one team may score.
    - 6.2.5 Each school will submit their entries via Hytek Team Manager file. If a school doesn't have Hytek Team Manager, then the school will submit their entries on a consolidated sheet, listing swimmer's name, year in school, event number, event name, official seed time, and JV.Varsity classification.
  
7. **NCS QUALIFYING**
  - 7.1 Qualifying and entering the NCS Championship Meet shall follow the NCS Swimming & Diving Championship Meet Bulletin..
  
8. **DETERMINING ALL LEAGUE SWIMMERS**
  - 8.1 All League recognition will be based on the final results of the DVAL Championship Meet, and will be determined as follows:
    - 8.1.1 First Team: All event winners
    - 8.1.2 Second Team: All second place winners, excluding any first team designates.
    - 8.1.3 Honorable Mention: All third place winners, excluding any first and second team designates.
  
9. **LEAGUE MEET MANAGEMENT**
  - 9.1 Management duties shall be decided by the coaches at a pre-championship meeting or at the preseason coaches meeting. Duties shall include:
    - 9.1.1 Facility set-up, clean up
    - 9.1.2 Scoring
    - 9.1.3 Desk posting of results, and computer
    - 9.1.4 Operation/support
    - 9.1.5 Diving meet desk and scoring
    - 9.1.6 Officials
    - 9.1.7 Seeding and Program
    - 9.1.8 Publicity
    - 9.1.9 Hospitality
  - 9.2 Each school is responsible for supplying four timers with watches.
  - 9.3 School of record is responsible for:
    - 9.3.1 Serving as Site Director of the DVAL Championship Meet.
    - 9.3.2 Maintaining current list of DVAL Championship Meet records.
    - 9.3.3 Verifying each NCS qualifying time
  - 9.4 School of record will rotate as determined by the Board of Directors.