

SWIMMING GUIDELINES

SECTION I. SEASON LIMITATIONS

- A. Opening dates - According to IHSA policy.
- B. End of season - State Final Meet

SECTION II. SCHEDULE

- A. Number of contests - each school will compete in dual meets against at least four other conference schools prior to the conference meet.
- B. Type - the schedule will be drawn up one year in advance. The top five teams will compete in 4 dual meets and have a bye date. The bottom 6 teams will compete in 5 dual meets. Seeding for dual meets will be based on the most recent varsity conference finish.
- C. Make-up procedure - a contest may be postponed due to weather, pool conditions, transportation, or other emergency situations. The school with the emergency will contact the other participating school prior to 2:00 p.m. or as soon as possible the day of the meet. Rescheduling should be at the earliest date available for the two/three schools involved.
- D. Home teams are responsible for sending contracts to the other schools. Contracts will include starting times and other language that may be needed to the meet with the prior approval clause, i.e. exhibition, heats, diving, ect.

SECTION III. LEVELS OF COMETITION

- A. There will be two levels of competition - Varsity and Junior Varsity.
- B. All schools must abide by the eligibility rules as stated in the IHSA guidelines.
- C. An individual cannot compete on two levels or teams on the same day in conference activity.

SECTION IV. GAMES/CONTEST MANAGEMENT

- A. Procedure for conduction contests will be as stated in the National Federation Swimming Rule Book.
- B. Starting time - meets will start at 5:00 p.m. or at the time set by the host school. A warm-up period will begin a minimum of 15 minutes prior to contracted start time.
- C. Uniforms - all team members will conform to IHSA policy.
- D. Approved equipment - the host school will provide meet equipment such as score sheets, diving sheets, lap counters and recall ropes. (Refer to National Federation Rule Book)
- E. Officials and Pay - the host school will provide two officials (conference recommended pay scale).
- F. Order of events - See National Federation and IHSA rules.
- G. General rules - National Federation and IHSA rules.
- H. Coaching - IHSA rules will apply
- I. Dressing Facilities - host school shall provide dressing rooms and lockers for teams. Visiting school shall provide their own locks and towels.
- J. Each team will provide their own first aid kit.

- K. 6-lane scoring will be used for all conference meets. 8 lane pools can use 8-lane scoring with prior mutual consent.
- L. Non-scoring lanes can be used for exhibition swimmers with out prior mutual consent. Prior mutual consent is required for extra divers or extra heats.

SECTION V. CHAMPIONSHIP DETERMINATION

- A. Team championship will be based on the results of the conference meet finish.
- B. Tie determination - should teams tie for the championship, the trophy will be shared for equal amounts of time for the coming year.

SECTION VI. CONFERENCE TOURNAMENT

- A. Date - two weeks prior to the Sectional Meet.
- B. Format of meet - order of events National Federation and IHSA rules.
- C. Rules Committee – Will be made up of the Meet Referee, the coach from the host school, and three other coaches selected by the coaches at the seeding meeting.
- D. Schedule
 - 1. Seed Meeting – 7:30 Wednesday prior to conference meet:
 - a. Draw up seed
 - b. Hear complaints
 - c. Define rules
 - d. Diving practice
 - 2. Scratch Meting - ½ hour prior to start of meet.
- E. Scoring - National Federation Guide – 12 places
- F. Awards - The varsity champion will be awarded a traveling trophy. In varsity competition, the first 3 places in each event will receive a medal. Fourth, fifth, and sixth place winners will receive ribbons. In Junior Varsity competition the first six places in each event will receive a ribbon.
- G. Equipment - outlined in the National Federation Swimming Rule Book. Specific equipment responsibility of host school.
- H. Rescheduling, if necessary - date determined at seeding meeting.
- I. Rules - National Federation rulebook with IHSA modification.

SECTION VII. CONFERENCE CHAMPIONSHIP MEET FORMAT

- A. Girls
 - 1. Entries – On the varsity level a school may enter two contestants in each event, except in each relay only one team may be entered. On JV level for girls, a school may enter 4 individuals and one relay for scoring. Each school will also be allowed to enter an additional relay team not to be scored.
 - 2. Officials – JV & VARSITY AND ALL DIVING – there will be three officials
 - 1) Diving referee, 2) meet referee, and 3) starter. All Saturday officials will be hired for the morning diving event and the afternoon swimming events. All officials must be registered. The conference will pay for these officials. Additional help, if needed will come from other participating schools.

3. Additional Rules of Procedures
 - Varsity and J.V. diving warm up at 6:00 a.m. Saturday.
 - Diving sheets due at 7:30 a.m.
 - Diving prelims and finals start at 8:00 a.m. Saturday.
 - Varsity time based finals on Saturday 1 and ½ hours after the diving is finished or 12 noon whichever is later.
 - J.V. times based finals on Friday with 3:30 p.m. warm up and meet starting at 5:00 p.m.
- C. Boys
1. Entries – a school may enter two contestants in each event, except in each relay only one team may be entered.
 2. Officials – there will be three officials for the morning diving session as well as the afternoon swimming finals. 1) referee, 2) starter and 3) diving referee. Two additional stroke judges will be hired for the swimming session. All officials must be registered. The conference will pay for these officials. Additional help, if needed will come from other participating schools.
 3. Additional Rules of Procedure
 - Diving warm up at 6:00 a.m. on Saturday
 - Diving sheets due at 7:30 a.m.
 - Diving prelims and finals start at 8:00 a.m. on Saturday
 - Swimming time based finals on Saturday 1 and ½ hours after the diving is finished or noon, whichever is later

SECTION VIII. ALL CONFERENCE TEAMS – not applicable

SECTION IX. COACHES' MEETINGS

- A. Chairperson – Upstate Eight Resource Athletic Director or designee.
- B. How often - two mandatory meetings will be held. One before the season starts and the other at the Conference Seed Meeting.
- C. Purpose
 1. Pre-season: Review rules and procedures.
 2. Post- season: Review season and recommend revision for next year.

SECTION X. SPECTATOR CONTROL – responsibility of host school.

SECTION XI. REPORTING SCORES

The host school shall report results to the appropriate coordinator within one week after the meet.