

Article VIII - Swimming

800. Practice

"The WBAL will reflect the CCS By-Laws (Article V, Section 3, F-Practices) regarding practices."

- a) Interscholastic practice during the school year is defined as:
 - i. Any school team or individual activity organized by the coach that is intended to maintain or improve a student-athlete's skill proficiency in a sport AND/OR
 - ii. Any school team or individual activity that includes skill drills, game situation drills, inter- squad scrimmages or games, chalk talks, film review, meetings outside of school time (excluding parent meetings). AND/OR
 - iii. Any other coach-directed or supervised school team or individual activity or instruction for a specific sport AND/OR
 - iv. Any other team or individual instruction for a specific sport organized or supervised by any team member, or anyone else associated with the team or the school AND/OR tryouts.
- b) Any single practice session shall be no longer than 3 hours in length.
- c) There shall be a minimum of 3 hours between any two practice sessions in a single day.
- d) Double day practices shall not be held on consecutive days.
- e) Conditions for Optional, Non-Mandatory Off Season Individual & Small Groups Skill Development: Coaches are allowed to work with their athletes in a designated off season 8 week program individually or in a small group of no more than 4 athletes, no more than one hour a day and no more than twice a week for an athlete.

801. Meets

- a) All meets shall be run according to the current National Federation of State High Schools Association Swimming & Diving Rule Book.
 - i. Each swimmer will be allowed to swim in no more than 4 events, only two of which can be individual events.

- ii. For dual meets, individual events are scored 6-4-3-2-1-0, and relays are scored 8-4-2-0. A school can have unlimited entries in an event. However, a school can only have three scorers in an individual event and two scorers in a relay event.
- b. The order of events as listed in the rule book shall be used for all meets unless changed by mutual consent of all the coaches and meet director.
 - i. JV events will be same as Varsity with the exception of:
 - 1. 100 Individual Medley
 - 2. 50 Butterfly
 - 3. 50 Backstroke
 - 4. 50 Breaststroke
- c. The league meets will not count towards the league championship. However, these meets should be scored, and the scores should be reported to the league website.
 - i. Any meets between only two schools will be scored as a dual meet.
 - ii. The “Jamboree” meets and any meet with three or more schools will be scored as a “double dual”, so scores will be computed between each possible permutation of two schools.
- d. Meets will begin at 4:00 pm, unless otherwise agreed by the all schools.
- e. Schools may be asked to provide timers for away meets.
- f. All entries for meets are due to the meet manager as requested, usually via HyTek software. The meet manager should require these entries a reasonable amount of time before the meet, perhaps a day or two before. These entries make the meet logistics much easier; according to the rule book, a school may change an entry until the event is called to the blocks. Thus, while changes may happen, they should be kept to a minimum, as it makes the meet administration unwieldy.
 - i. While it is common practice is to distribute a complete meet program before the meet begins, it is considered unethical to change entries based on this information.

802. League Championship Meet

- a) The WBAL Swimming Championship shall be determined solely by the final results of the WBAL Swim Meet. The meet shall be held no later than one week prior to the CCS region competition and earlier than two weeks prior to the CCS region competition.
- b) The meet will be held at a site, which has a minimum of 6 lanes and meets with the approval of a majority of the swim coaches.
 - i. The meet may be a two day event with preliminaries on day one, and consolation finals (9-16 place) and finals (1-8 place) on day two.
 - ii. Starting time for the league meet will be determined by the Swim Committee, depending on the number of swimmers competing.
 - iii. Each school will be asked to provide timers for the meet.
 - iv. There will be stroke and turn referees at the championship meet. The host school will be responsible for providing the referees.
 - v. The order of events will follow the high school rule book.
- c) Entries are due to the meet director as requested, usually via Hytek software. The meet manager should require these entries a reasonable amount of time before the meet, perhaps five days before. All times must be of the current season.
 - i. Late entries will have a 24 hour window to be received and that school will be fined \$100 in order for the athletes to participate. No entries received after the 24 hour window will be accepted.
 - ii. Entries may not be changed at all after the deadline, except in cases involving data entry error.
 - iii. A swimmer must compete in at least 50% of the WBAL swim meets to qualify to compete in the WBAL championship meet, unless due to injury, illness, death in the family, academic eligibility, or other situation. These athletes must petition to the BOM to be eligible to compete.
- d) Entries for individual events are unlimited for each school. Entries for relays are limited to three per school: an "A", "B", and "C" relay, although note that only the designated "A" relay may score. Each swimmer will be allowed to swim in no more than four events, only two of which can be individual events.
- e) The preliminaries (day one) will be seeded by times, with the last three heats circle seeded.

- i. Relay events are not contested at preliminaries (day one), and will be seeded at finals (day two) based on entry times.
- f) The top 16 times from the preliminaries will be invited back for the finals (day two).
 - i. There will only be four scorers from each school per event. If one school has more than four of the top sixteen finishers in an event, the extra swimmers will be “bumped” and replaced by the next highest finishers from other schools.
 - ii. The meet will be scored as follows:
 - 1. Individual events:
 - a. 20-17-16-15-14-13-12-11-9-7-6-5-4-3 -2-1
 - 2. Relay events score double the points of individual events, although only the designated “A” relay can score.
 - 3. The top six individuals will receive honors. (Place 1-3 medals, Place 4-6 ribbons).
- g) Scratches in the finals will be filled at the coaches meeting before finals (day two).

803. Host School Responsibilities for Meets

- a) A host school must provide starter, starting system stroke and turn referees, lap counters, recorder of times, and timers for each lane with watches.

804. All League Process

- a) The all league process will follow the WBAL suggested process. The MVP will be called the Most Outstanding Swimmer.

805. Crowd Control

- a) The home school has every right to ask any home or visiting spectator to leave due to inappropriate behavior.
- b) If an incident does occur, fill out the CCS incident form and send it to the League Commissioner.