



SWIMMING & DIVING

REVISED 12/3/14

RULES AND REGULATIONS FOR BOYS' AND GIRLS' SWIMMING AND DIVING

**Refer to the Macomb Area Conference By-Laws for clarification of the following: pre and post season coaches' meetings and division alignments*

I. Competition

- A. Dual meets will be held on Tuesdays and Thursdays, no later than 7:00 P.M.
- B. In dual meets, it is recommended that two timers be used in each lane.
- C. In division championship meets, four entries will be allowed in each individual event, with the exception of the 50 free and 100 free. For the 50 free and the 100 free eight entries will be allowed, with a maximum of four per team allowed to advance to the finals. In relay events, two relays will be allowed (A&B) the B' relay will not score. (please note Article II Rule 3)
- D. Diving prelims will be hosted at two sites for all divers who qualify (must be capable of doing all eleven dives safely). Diving prelims will be held on the Thursday before the Division Prelims in swimming. Division diving will be split between two prelim sites based on the number of divers in each division. Each diver will do eight dives in the prelims, and complete the remaining three dives at the Division Championship Finals site. All scores per division will be kept and passed on the Division Finals host to be tallied for results at the finals meet. If a host facility is unable to conduct diving finals, then the remaining three dives will be performed at the prelim diving site after the completed prelim round. Those divers will be awarded their medals at the Finals Meet in their division.
- E. When swimming prelims are conducted use as many lanes as possible.
- F. National Federation rules and regulations will be followed for dual and championship meets.
- G. Championship meet format will be as follows:
 - Thursday-diving prelims-time to be determined by # of divers
 - Friday-swimming preliminaries-3:00 warm-ups-5:00 start
 - Saturday-swimming and diving finals-10:00 warm-up-12:00 start
 - Flexibility in starting times will be allowed when coaches have conflict in diving

II. RELAYS

B' Relays that are disqualified on Friday, may swim on Saturday with a new participant provided the individuals don't exceed the four entry limit.

- 1. If the A relay is disqualified, the A relay and its participants lost a chance to swim the event.
- 2. B' relays do not have to swim prelims, but may do so.
- 3. C relays can be entered for prelims only- They will be circle seeded, therefore coaches must have seed times for all 3 relays. If 7 or more teams are in a division, then we will circle seed the A & B relays and hand enter C relays in outside lanes.



SWIMMING & DIVING

REVISED 12/3/14

4. Relay entries will be due as follows: 200 Medley relay 45 minutes prior to the start of the meet, 200 Free relay prior to the start of the 100 Butterfly and the 400 Free prior to the start of 100 Backstroke.

III. SCHEDULING

- A. There will be a single round-robin schedule in each division.
- B. Each team will also participate in at least two crossover meets.
- C. A 2-year schedule will be established. In the second year of the 2-year schedule, the home and away contests will be opposite those in the first
- D. Each division will hold a Division Championship meet. The meet will be hosted by the division schools on a rotating basis. Three officials will be used at prelims and finals in swimming
- E. The girls pre-season meeting will be held on the first (MHSAA) official day of practice, at a place and time decided by the AD in charge of swimming.
- F. The coaches' post-season meeting for girls will be held on the first Monday after the stat Swimming & Diving meet. The boys pre-season meeting will be held after the girls post season meeting on the same date.
- G. Host schools will provide some type of area/procedure for warm down after each swim event.
- H. All entries for the division meet are due by 12:00 p.m. the Monday before the meet in Hy-Tek format, to the AD in charge. Entries must include a Roster File and an Entry File. Entries must also include a numeric grade, birthdates and the official MHSAA abbreviation for each school when entering each athlete. School names will be used, not nicknames or short names.
- I. Programs at division meets must include the official MAC Records for all events as well as MHSAA state cut times for each division that is represented by competitors in the meet.
- J. All information for the division meet needs to be in the hands of all coaches and schools 3 weeks before the meet.
- K. MVP-Divers lose 30% on NISCA points-if also swimming.
- L. Do not announce swimmers names before the event except for the finals of division meets.

I. AWARDS

- a. A dual meet plaque will be awarded to the championship team in each division.
- b. A division championship meet will be held two weeks prior to the MHSAA state swim meet. A plaque will be awarded to the championship team.
- c. In the division championship meet, medals will be awarded to swimmers who place first through sixth in individual events, and first, second, **and third** in relays. **(Updated Dec 2014 to begin in 2015-16 school year)**
- d. All first place medal winners will be considered All-Conference



SWIMMING & DIVING

REVISED 12/3/14

- e. If the same team wins both the division meet and the dual championship 1 plaque will be awarded to that school recognizing both accomplishments.
- f. Each sport will honor an all-academic team. All varsity swimmers who earn a GPA of 3.0 during their season of competition will receive a certificate. Fall sports will use first quarter grades to compute the GPA, winter sports the second quarter grades, and spring sports the third quarter grades.
- g. **One** MVP will be selected in each division and will receive a medal.
- h. The basis for selection will be performance in the season-ending tournament based on the power point procedure used by NISCA. The candidate's two highest scoring values from the finals will be used. The values can be selected from either individual events or the leadoff times in a relay. If a tie results after using the NISCA format, the MVP will be determined by using the candidate's single highest scoring value from one event from the finals. The highest value used can be selected from either an individual event or the leadoff time in a relay. If a tie results again after using the single event in the NISCA power point procedure, the MVP will be decided by a paper ballot with one vote from each school.
- i. The MVP will be announced and the presentation made before the championship plaque presentation. According to MAC by-law, there can not be a tie.
- j. Coach of the Year will be decided by a paper ballot with one vote from each team immediately after the breaststroke. If there is a tie, there will be a revote after the relay.