

2009-2010 SCSHL SWIMMING RULES

1. The League will sponsor a championship in each classification that has at least twelve of its schools participating. If this requirement is not met, schools may enter the tournament of the next higher classification.
2. National Federation Rules shall govern all contests and may be obtained from the League Office.
3. **IMPORTANT DATES**

Schedule Due	August 17
First Practice	July 31
First Scrimmage	August 7
Eligibility Due	7 days prior to first regular season meet
First Contest	August 17
Certified Swim Times to be placed on www.goeasyware.com	Within 3 days after a regular season meet or 24 hours prior to the State Meet entry deadline, whichever comes first
State Meet entries due	Saturday, October 3 by midnight
State Meet	October 10
4. **COMPETITIVE SEASON**
 - a. All regular season meets and invitationals must be concluded before the State Championship Meet. Region Championship Meets are considered regular season meets.
 - b. Only swimmers who have qualified for the State Championship Meet will be allowed to continue practice after State Meet qualifiers have been posted on the SCHSL website.
 - c. Swimmers must compete in at least two SCHSL-sanctioned regular season meets prior to the State Championship Meet.
 - d. Swimmers qualify for the State Championship Meet according to qualifying times and procedures outlined in Sections 9 and 10 of these rules.
 - e. Qualifying times may be achieved in any SCHSL-sanctioned regular season meet completed in the current high school swim season. Qualifying times will be determined and certified according to procedures outlined in Section 13 of these rules.
 - f. Qualifying times achieved after the State Championship Meet entry deadline will not be accepted.
5. In the State Championship Meet, points are awarded for 20 places in all events. For all relays, points awarded are double the individual point value for that place.
6. Teams are limited to four preseason scrimmages and eight meets; the Region Championship Meet is included in the eight-meet limit. All meets must be swum prior to the State Championship Meet. Scoring as outlined in the NFHS Rules Book will be used throughout the state for all meets. Only NFHS and SCHSL rules will apply at all meets. In each Region each team will swim every other team in the Region at least once and each meet may be scored as a dual, double-dual (three teams) or triple-dual (four teams) meet.
7. Teams may swim other teams outside their Region provided the limitations of Section 6 are met.

8. Teams in Regions not having a Region Championship Meet may swim in another Region Championship meet by permission of the host team.

9. **ACCEPTANCE INTO THE STATE MEET**

All swimmers or relay teams that meet the automatic qualifying time (AQT) specified in Section 10 (and are entered) will be accepted in the State Meet. If there are fewer than 30 swimmers or 20 relays with AQT in any event, then swimmers or relays with the fastest consideration times (CT) specified in Section 10 will be considered up to a maximum of 30 swimmers or 20 relays per event. **Swimmers with AQT must be officially entered into the State meet to be accepted. Swimmers with CT must be officially entered into the State meet to be considered. State meet entries submitted for swimmers with Automatic Qualifying or Consideration Times are subject to individual and meet entry limits.**

10. **2009-2010 STATE MEET QUALIFYING TIMES AND YEARLY UPDATE PROCEDURE**

Girl's Events	4A		3A, 2A, 1A	
	Automatic	Consideration	Automatic	Consideration
200-yd Medley Relay	2:01.65	2:11.39	2:07.46	2:17.66
200-yd Freestyle	2:09.80	2:20.18	2:15.38	2:26.21
200-yd Individual Medley	2:28.40	2:40.27	2:33.05	2:45.29
50-yd Freestyle	0:27.07	0:29.24	0:27.95	0:30.19
100-yd Butterfly	1:07.03	1:12.40	1:09.39	1:14.94
100-yd Freestyle	0:59.32	1:04.07	1:00.87	1:05.74
500-yd Freestyle	5:50.48	6:15.00	6:05.09	6:15.00
200-yd Freestyle Relay	1:50.41	1:59.24	1:54.50	2:03.65
100-yd Backstroke	1:08.31	1:13.78	1:11.07	1:16.75
100-yd Breaststroke	1:16.11	1:22.19	1:20.20	1:26.61
400-yd Freestyle Relay	4:01.72	4:21.05	4:13.05	4:33.29
Boy's Events	4A		3A, 2A, 1A	
	Automatic	Consideration	Automatic	Consideration
200-yd Medley Relay	1:51.22	2:00.12	1:56.32	2:05.63
200-yd Freestyle	1:59.74	2:09.32	2:09.35	2:19.69
200-yd Individual Medley	2:17.71	2:28.72	2:26.19	2:37.88
50-yd Freestyle	0:24.14	0:26.07	0:24.75	0:26.73
100-yd Butterfly	1:01.77	1:06.72	1:04.57	1:09.74
100-yd Freestyle	0:53.78	0:58.09	0:55.30	0:59.72
500-yd Freestyle	5:25.56	6:00.00	5:54.63	6:00.00
200-yd Freestyle Relay	1:38.33	1:46.19	1:42.66	1:50.87
100-yd Backstroke	1:02.97	1:08.01	1:05.96	1:11.24
100-yd Breaststroke	1:10.53	1:16.18	1:14.69	1:20.66
400-yd Freestyle Relay	3:39.52	3:57.08	3:52.30	4:10.89
<i>New Individual Automatic Qualifying time (AQT) = [(AQT x 5) + (20th place time - 0.1sec)] / 6</i> <i>New Relay AQT = [(AQT x 5) + (10th place time - 0.1 sec)] / 6</i> <i>Consideration time (CT) = AQT x 1.08</i> <i>If there are not 20 swimmers or 10 relays in an event, then the AQT remains the same for the next year.</i>				

11. In the State Championship Meet, each team shall be permitted a maximum of four entries in an individual event and one team in a relay event. Each swimmer may enter a maximum of four events, no more than two of which may be individual events. All teams are required to submit the names of relay swimmers with their entries for the State Championship meet (as many as 8 swimmers per relay may be submitted). All entries must be done in EasyTeam Manager II or on the spreadsheet provided by EasyTeam. The spreadsheet may be downloaded at <http://www.goeasyware.com> Use the spreadsheet titled "High School/College Meet Entry Spread Sheet (Entering by TIME) NO DIVING".

12. ORDER AND NUMBERING OF EVENTS

The following order and numbering of events shall be used in all SCHSL-sanctioned meets. **All Championship meets will be swum in yards; the 400-meter freestyle event should be swum instead of 500-meter freestyle in meter pools:**

Girls Event No.	Boys Event No.	Event
1	2	200-yd/200-m Medley Relay
3	4	200-yd/200-m Freestyle
5	6	200-yd/200-m Individual Medley
7	8	50-yd/50-m Freestyle
		Optional Break
9	10	100-yd/100-m Butterfly
11	12	100-yd/100-m Freestyle
13	14	500-yd/400-m Freestyle
15	16	200-yd/200-m Free Relay
17	18	100-yd/100-m Backstroke
19	20	100-yd/100-m Breaststroke
21	22	400-yd/400-m Free Relay

13. CERTIFICATION OF OFFICIAL TIMES FOR STATE CHAMPIONSHIP MEET ENTRY

Manual timing. Official manual times for entry into the SCHSL State Championship Meet are determined by using three stopwatches per lane. Backup stopwatches may be used in case of watch or timer malfunction. When three watches record different times, the official time is the middle time. When two watches record the same time, that time is the official time. The digits representing thousandths of a second shall be dropped with no rounding. **In the case of watch or timer malfunction, the following procedure should be followed:**

- i. **All manually-timed meets must be set up with three stopwatches per lane and with the intention to record three watch times per swim. This is the primary timing system for a manually-timed meet. If three good watch times are recorded then the official time is the middle time, not the average of the three. A "good" watch time is defined as a time recorded by a timer properly positioned at the finish end of the lane.**
 - ii. **In case of a malfunction of one of the stopwatches (either through timer error or watch malfunction) then a backup watch from the head timer should be used to time the swim to get three good times.**
 - iii. **In case of a malfunction, and when the head timer with a backup watch is not able to provide a third time for a swim, the following procedure should be followed:**
 1. **If only two good watch times are available, then the average (NFHS Swimming Rule 6.2.2) of the two watch times should be recorded as the official time.**
 2. **The only time that two watch times should be used is in case of a malfunction. Two watch times should be the exception, not the rule.**
- a. **Automatic timing.** Official time is the pad time computed to the hundredth of a second. If there is a malfunction of the automatic system, backup times shall be integrated according to NFHS Rules 6-2-3 and 6-2-4.

- b. **Meter times.** Meter times will be converted (for posting and State Meet entries) as specified in the current NFHS Swimming and Diving and Water Polo Rules Book conversion chart.
- c. **Certified times for State Championship Meet.** Official qualification times for entry into the State Championship Meet are certified **yard** or **converted meter** times from regular season meets that appear on the *Easyware* website (SCHSL SWIMMING LINK). Meet results must be verified and signed by the meet referee and a coach from each participating school. Each team must keep copies of certified meet results in case validation of entry times is required. Raw times must be submitted to the Easyware website according to the instructions in Section 13.e by the earlier of the two following deadlines:
 - iv. within 3 days following a regular season meet, or
 - v. 24 hours before the entry deadline for the State Championship meet
- d. **Submission of Certified Times.** Host team of each meet must send a **COMPLETE MEET BACKUP** within 3 days of the completion of the meet using Easyware software (Easy Meet Manager). Email the following information with the **MEET BACKUP: POOL LENGTH, CLASSIFICATION** of each team (4A, 3A, etc.), and any team that is a **NON-MEMBER** of the SCHSL, to dabineri@fuse.net

Teams must be designated using the standard 3-letter high school abbreviations listed in AD Notebook on the League website. Use the Easy Team Manager FILE, SETUP screen to enter your 3-letter abbreviation for all meets.

In the case of manually-scored meets (i.e. no software is used), EACH TEAM must send in meet results (times) to dabineri@fuse.net using the spreadsheet posted on goeasyware.com under the SCHSL SWIMMING link.

Only send in CONSIDERATION and / or AUTOMATIC times.

DO NOT CONVERT TIMES before submitting - those using the spreadsheet will have times converted by D. Abineri. Those using Easy Meet will have them converted by the software.

Times will be posted in rank order at <http://www.goeasyware.com> under SWIMMING LINKS. It is each coach's responsibility to check this site to be sure that the listing is accurate and to promptly report any errors to David Abineri at dabineri@fuse.net.

- e. **State Meet entry times.** The times posted on the *Easyware* website are the official entry times for the State Meet.

14. STATE MEET ENTRY PROCEDURES

- a. State Meet entry procedures will be emailed to the Athletic Director or coach of each school.

15. STATE MEET INFORMATION

State Championship Meets will be held on October **10**. Admission is \$6.00.

	<u>Site</u>		<u>Host School</u>
AAAA State Championship Meet	USC Natatorium		
	10:00-11:00 am	Warm-ups	
	10:45-11:00 am	Coaches Meeting	Spring Valley High School
	11:05 am	Start time	
AAA State Championship Meet	McHugh Natatorium at Fike Recreation Center		
	Clemson University		
	9:30-10:10 am	Session 1 Warm-ups	
	10:15-10:55 am	Session 2 Warm-ups	Daniel High School
	11:00-11:25 am	Coaches Meeting	
	11:30 am	Start time	

16. STATE CHAMPIONSHIP MEET ENTRY FEE

A one-time entry fee (per team) of \$20.00 for one swimmer and \$40.00 for two or more swimmers will be charged. Make check payable to SCHSL and remit to the League by September 29, 2009. (If you have a boy's and a girl's team made up of 2 or more swimmers on each team, the entry fee is \$80.00).

- 17. The League will furnish team trophies and medals to the State Champion and Runner-up. Individual medals will be given to the first, second and third-place finishers in each event.

18. REGULATIONS GOVERNING THE STATE CHAMPIONSHIP MEET

- a. Responsibility for local arrangements for the State Championship meet will be left to each participating school.
 - b. The meet director will receive an honorarium of \$150.00.
 - c. Proceeds from concessions and heat sheets go to the host school.
 - d. To be eligible to compete for a Team State Championship, a school must have six participants compete in the State Championship meet. The SCHSL will continue to recognize individual champions.
- 19. Ten days of spring practice may be conducted between the last 30 days of school and the first two weeks after the closing of school.