SPORT GUIDELINES
SWIMMING & DIVING

Acalanes, Alhambra, Benicia, Berean Christian, Campolindo,
Clayton Valley Charter, College Park, Concord, Las Lomas, Miramonte,
Mt. Diablo, Northgate, Ygnacio Valley

Approved: January 10, 2019

1. SEASON

1.1 Practice may begin the second Monday in February.
1.2 Maximum number of contests: 14 dual meets and 2 scrimmages
  1.2.1 Maximum numbers do not include DAL Championship Meet or NCS Championships.
  1.2.2 Maximum number does include any relay meets or invitational swim meets.

2. CONTEST INFORMATION

2.1 Starting Times: 4:00 PM
2.2 Warm Ups: Each team will have 20 minutes to warm up. Home Team will warm up 1st unless otherwise agreed upon by the Head Coaches of each team.
2.3 Days of Competition: Shall be established by agreement of both schools. Entries due to host school 2 school days prior to each meet.
  2.3.1 Day of competition may be changed by mutual agreement of the coaches, Athletic Directors and Principals.
2.4 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 Backstroke	100 Backstroke
	2.3.11	100 Breaststroke	100 Breaststroke
	2.3.12	400 Free Relay	400 Free Relay

*2.5 By Mutual agreement of the coaches, the JV 50 Butterfly and 100 IM may be replaced by 100 Butterfly and 200 IM
**2.6 There will be a ten-minute diving break at those pools where diving is held in pools separate from the swimming competition.
2.7 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 will utilize Hytek Scoring. Home Team will provide
  2.6.4 Records can only be established in the DAL Meet.
2.8 Dual Meet Workers:
  - The Host team is to provide all necessary workers unless communicated to the visiting team well in advance of the dual meet date.

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 the Varsity to 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 DAL meet.

3.4 Health and safety
- 3.4.1 In the event of an injury or concussion, the school's athletic trainer or the opponent's athletic trainer, if he/she is the only athletic trainer at the contest, has the authority to determine if a player may continue to play or practice.

4. OFFICIALS

4.1 Use competent officials whenever possible.

4.2 Host school shall provide a minimum of 12 timers, one starter, and if possible, one person to judge relay starts and stroke and turns.

5. DETERMINING LEAGUE CHAMPION

5.1 The team or teams that win the DAL 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 DAL 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 DAL Swimming Championships:
- 6.2.1 Each school may enter ten Varsity and JV swimmers per event, but only the top four will score.
- 6.2.2 There will be unlimited entries for the 50-100 Varsity Freestyle but only the top four will score.
- 6.2.3 Scoring will include 24 places and will be in accordance with the National Federation of State High School Association specifications.
- 6.2.4 There shall be a JV Invitational Meet. These swimmers may not swim in the varsity meet. The league has the option to run a bonus non-scoring heat A, B, C final).
- 6.2.5 Each school may enter three relays but only one team may score. The top 8 teams will advance to the finals.
- 6.2.6 Each school will submit their entries via Hytek Team Manager file.
- 6.2.7 10 Lane Trials / 8 Lane Finals

7. NCS QUALIFYING

7.1 NCS may set time standards that are automatic entries and time standards that will be considered for qualifying entries to the NCS Championship Swim Meet.

7.2 High school competitive times only are acceptable for NCS consideration:
- 7.2.1 Official time trials,
- 7.2.2 Times held at the DFAL championships,
- 7.2.3 Times must be verified by the Site Director.

7.3 The DAL NCS representative shall serve as the school of records and is responsible for getting copies of the NCS seeds to each of the league schools following the NCS seeding meeting.

7.4 It is the responsibility of each league coach to send his/her NCS entries to the league NCS rep prior to the NCS entry deadline.

7.5 A copy of each school's NCS entries should also be sent to the Commissioner at the same time.

7.6 Divers may qualify for the NCS Championships at any point in the season when meeting the accepted NCS criteria.

8. DETERMINING ALL LEAGUE SWIMMERS

8.1 All League recognition will be based on the final results of the DAL 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.

8.2 Any athlete who is deemed academically or behaviorally ineligible at their school will not be eligible for all-league consideration. Athletes who are ejected twice during the season under the NCS ejection policy will not be eligible for all-league consideration.

9. LEAGUE MEET MANAGEMENT

9.1 Management duties shall be decided by the coaches at a pre-championship meeting or at the pre- season 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 timers.

9.3 School of record is responsible for:
- 9.3.1 Serving as Site Director of the DAL Championship Meet.
- 9.3.2 Maintaining current list of DAL Championship Meet records.
- 9.3.3 Verifying each NCS qualifying time 9.4 School of record will rotate as determined by the Principals Council.