

# SWIMMING & DIVING MANUAL

2019  2020

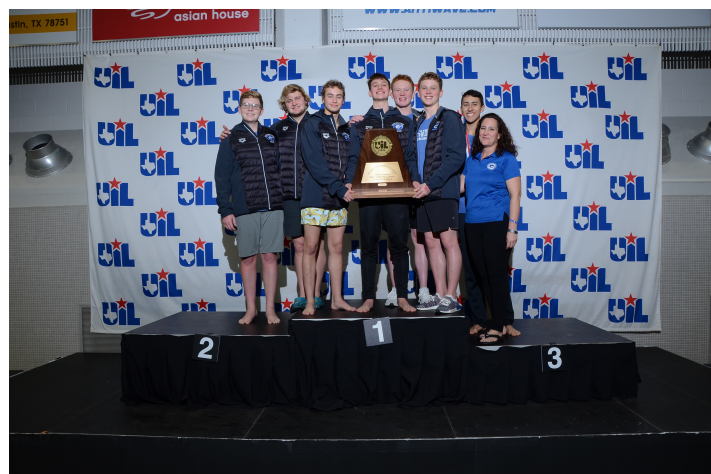


UNIVERSITY INTERSCHOLASTIC LEAGUE | [UILTEXAS.ORG](http://UILTEXAS.ORG)

## ~2019 SWIMMING & DIVING STATE CHAMPIONS~



Montgomery  
5A Girls State Champions



Georgetown  
5A Boys State Champions



Southlake Carroll  
6A Girls State Champions



Southlake Carroll  
6A Boys State Champions



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## ~UIL PERSONNEL~

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## ~Notice of Non-Discrimination~

The University Interscholastic League (UIL) does not discriminate on the basis of race, color, national origin, sex, disability, or age in its programs. See Section 360, Non-Discrimination Policy, UIL *Constitution and Contest Rules*. <https://www.uil texas.org/policy/constitution/general/nondiscrimination>

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For further information on notice of non-discrimination, visit <http://wdcrobcolp01.ed.gov/CFAPPS/OCR/contactus.cfm> or call 1-800-421-3481

or contact OCR in Dallas, Texas -

Office for Civil Rights

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**PURPOSE** | To acquaint swimming & diving coaches and administrators with the policies, rules, procedures, and forms necessary for proper enforcement of regulations for swimming and diving and to insure a better opportunity for coaches to have first-hand information.

**LIMITATIONS** | This manual does not cover all rules. The Constitution and Contest Rules is the official UIL rulebook and covers information more detailed than does this manual. Coaches should confer with their principals and superintendents if there are questions concerning the rules.

**NOTE** | Questions concerning the UIL Swimming Plan and eligibility requirements found in the UIL Constitution and Contest Rules should be directed to Brandy Belk at the UIL office.

# ~SWIM & DIVE CALENDAR & UIL RULE CHANGES~

## 2019-2020

January 25	District Certification Deadline
January 31-February 1	Regional Meet
February 14-15	State Meet

## UIL RULE CHANGES

### GENERAL

- Camps – Schools may conduct two(2) sport specific camps during the school year for 6<sup>th</sup> grade and below. Additionally, schools may now conduct two(2) sport specific camps per team sport during the summer for all students other than students who will be in their second, third, or fourth year of high school.
- Injury Reporting – 6A schools are required to report concussion incidents in the ConTex System, no other injury reporting is required for schools
- Schools may conduct “Voluntary” Character Development/Leadership Training outside the school day
- Emergency Action Plan – Member schools are required to have an EAP (on file in the district) for each venue that will host practice or contests in their district
- Catastrophic Reporting – Member schools are required to report catastrophic injuries that occur in practices or competitions on an online reporting form in the UIL Portal
- EKG Opt-In – State law requiring schools to notify parents that they may choose to have an EKG done in conjunction with their child’s physical. NOTE: It is the parent’s responsibility to schedule and pay for the EKG should they choose to do so.



## ~ 2019-2020 NFHS SWIMMING & DIVING RULE CHANGES ~

**3-3-1, 3-3-2, 3-3-2 PENALTIES, 3-3-3, 3-3-4 PENALTIES:** Rule 3-3 was reorganized to identify penalty protocol for specific uniform violations.

**Rationale:** All current language addressing suit coverage was moved to Rule 3-3-2. The penalty associated with this rule was written to provide clear indication that the coach of the competitor should be notified when a violation of this nature has occurred.

**8-1-7, 8-2-1g, 8-2-2h, 8-2-3g, 8-2-4e, 8-3-5:** A legal finish now requires the competitor to contact either the touchpad or the finish end according to the finish rules pertaining to the stroke being swum.

**Rationale:** A competitor has legally completed the race once he/she touches the touchpad or the finish end.

**9-1-3:** The rule was updated to comply with current industry standards.

**Rationale:** Aligns with current diving board manufacturers installation directions.

**9-4-Table:** The degree of difficulty for back and reverse double somersaults was lowered to be consistent with back and reverse 1½ somersaults degrees of difficulty.

**Rationale:** Provides consistency of degree of difficulties assessed to back and reverse dives versus back and reverse somersaults.

**9-5-6:** Clarified descriptions of diving positions.

**Rationale:** Diving descriptions were adjusted to maintain consistency with national trends.

**9-7-4 NOTE (NEW):** The diving referee may confer with a member of the diving panel regarding a possible unsatisfactory dive.

**Rationale:** Consistent with the diving referee's capability of consulting with a designated member of the judging panel concerning a possible fail dive.

### 2019-20 SWIMMING AND DIVING EDITORIAL CHANGES

1-3-2, 1-5-3, 2-3-1, 2-4-2, 2-7-8, 3-3-2 NOTE, 3-3-3a, 3-3-3b, 3-3-3c, 4-1-2, 4-8-3, 4-9-2, 6-3-1, 9-4-1 Table, 9-4 Table

### 2019-20 SWIMMING AND DIVING POINTS OF EMPHASIS

Suit Coverage

Accommodation of Students with a Disability

Shallow Water Blackout

Sub-varsity Competition

Pre-Meet Conferences

## ~SWIMMING PLAN~

### Excerpt from the UIL Constitution & Contest Rules

#### Section 1290: SWIMMING PLAN

- (a) ATHLETIC PURPOSES, CODES, PLAN APPLICABLE. Rules in Sections 1200-1209 also apply to the Swimming Plan.
- (b) DIVISIONS. There shall be two divisions for high school boys and two divisions for high school girls, Conferences 6A and 5A and below.
- (c) ENTRIES.
  - (1) *Girls', Boys' Team Restrictions.* No girls' team shall compete against a boys' team and vice versa.
  - (2) *District Entry.* Each school shall submit the official entry files with qualifying times to the meet director on or before the fifth day prior to the district meet unless other arrangements have been authorized by the District Executive Committee.
  - (3) *Regional Entry.* It shall be the responsibility of the district director to submit the district report to the regional director by midnight of the final day of the district meet
  - (4) *State Entry.* It shall be the responsibility of the regional director to submit the regional report to the UIL office by midnight of the final day of the regional meet.
  - (5) *Relay Events.* In relay events, qualification is by school. Schools may change personnel on relay teams prior to the next UIL qualifying meet according to National Federation regulations.
- (d) SUBSTITUTION IN INDIVIDUAL EVENTS. After the entry deadline, there shall be no substitution allowed in the individual events according to National Federation Rules. If the individual place winner cannot compete in the next higher meet, the next place winner may be certified if time allows.
- (e) QUALIFICATIONS.
  - (1) *Regional Meet Qualifications.* It shall be the responsibility of the district director to submit the district report to the regional meet director by midnight of the day of the district meet. The regional director may contact alternate qualifiers to replace individual school entries who are scratched, if time permits.
  - (2) *State Meet Qualifications.* It shall be the responsibility of the regional meet director to submit the regional report to the state meet director by midnight of the day of the regional meet. The UIL office shall contact additional qualifiers to the state meet after individual school entries are received.
- (f) NUMBER OF MEETS.
  - (1) *Number of Meets.* No student representing a member school shall participate in more than eight meets during the school year, excluding one district meet, the regional meet and the state meet. Each meet a school team enters counts as one meet for each participating individual. Students are considered to be representing their school if they are wearing and/or using school equipment or being directed or transported by a school employee. Meets, which are limited to three or fewer schools, do not count as a meet for participants, provided there is no loss of school time.
  - (2) *School Week Limitation.* No student representing a member school shall participate in more than one meet per school week (the first instructional day of the week through the last school day). **Exceptions:** The regional and state meet and district varsity meets postponed by weather or public disaster, may also be scheduled during the school week.
- (g) CONSOLATION FINALS. There shall be no consolation finals in district meets. See Swimming Manual for scoring.
- (h) CHAMPIONSHIP STRUCTURE.
  - (1) *District Meets.* District meets shall be held in districts with more than six individuals or relays in any event.
  - (2) *Qualifiers to Regional.* Top six individuals and relays shall qualify from district to regional.
  - (3) *Qualifiers to State.* The first place and second place in each of eight regional swimming meets and the next eight swimmers with the best regional final times overall will advance to the state meet.
  - (4) *Diving.* In diving, three divers will qualify at each of eight regional meets.
  - (5) *Timing.* Swimmers shall have been electronically timed unless the UIL office grants an exception.
  - (6) *Ties.* If ties occur for positions to the state competition, the times of the competitors from the regional preliminary competition will be considered first with the competitor with the fastest preliminary time advancing to the state meet. If a tie should still exist, then decision as to which qualifier will advance will be made by a coin toss.



## ~PRE-SEASON REGULATIONS~

### UIL Coach Education and Training Requirements

All high school coaches must be full-time employees of the school district EXCEPTION: A retired teacher/administrator who has 20 or more years of experience may serve as an assistant coach in all athletics and as a head coach for golf, tennis, team tennis, cross country, track and field, and swimming. (This rule shall not affect the status of a coach on a leave of absence attending college.) Also, student teachers, while they are assigned to a participant school to fulfill their student teaching requirements, may volunteer to serve as an assistant coach in all athletics. Schools shall not pay student teachers for assisting athletic coaches.

### Texas Education Code Requirements (State law)

- TEC Chapter 33.086 - Certification - CPR and First Aid Training
  - Athletic coaches, athletic trainers, cheerleading sponsors and other head directors of UIL extra-curricular activities must have a current certification filed with the district.
- TEC Chapter 22.902 - Certification - AED Training
  - Athletic coaches and sponsors, school nurses, PE teachers, marching band directors, and students that serve as an athletic trainer must have a current certification filed with the district.
- TEC Chapter 33.202 - Annual Requirement – Safety Training
  - Training provided by UIL within the Rules Compliance Program (RCP).
  - Athletic coaches must complete prior to contact with students.
- TEC Chapter 38.158 - Annual Requirement - Concussion Training (2 hours every other year/1 hour annually)
  - Athletic coaches, athletic trainers and potential members of the Concussion Oversight Team must complete the training annually.

### Coaches Certification Program (CCP)

The CCP consists of both UIL and state law requirements and requires a coach to complete the prescribed components on a yearly basis, prior to their sport season. Completion of the CCP will recognize coaches as UIL certified coaches.

#### Required CCP Modules:

- 1) Constitution & Contest Rules
- 2) Ethics
- 3) UIL Steroid Education
- 4) Safety Training (state law)
- 5) Concussion Training (state law)
- 6) Sport Specific Training – each sport has a sport specific CCP module
- 7) Football coaches only – Best Practices in Tackling certification that will be required for all first-year football coaches and for all football coaches once every two years. Training can happen at 2018 (and subsequent years) THSCA coaching school or online beginning April 1, 2019. All football coaches are required to have this certification completed by August of 2019.
- 8) First Year Coaches Only - Fundamentals of Coaching in Texas – required for first year coaches (or JH volunteers) or coaches in their first year to coach in the state of Texas.
- 9) Cheerleading Coach/Sponsor only - Safety/Risk Minimization for Cheerleading Course
  - Must have a current certification or annual training completed prior to contact with participants.
  - Districts shall determine the organization that will provide the certification or training. Resources are available but not limited to those on the link from UIL web site.

## Eligibility for Athletic Contests

Eligibility rules are found in Section 400, 403 and 442 of the Constitution and Contest Rules. Any question regarding a student's eligibility, should be addressed to the school principal and /or superintendent. Residence requirements according to Sections 400 (d), 403, and 442 should be thoroughly investigated for any student new to school.

### Students are eligible to represent their school in varsity interscholastic activities if they:

- are not 19 years of age or older on or before September 1 of the current scholastic year. (See 504 handicapped exception.)
- have not graduated from high school.
- are enrolled by the sixth class day of the current school year or have been in attendance for fifteen calendar days immediately preceding a varsity contest.
- are full-time day students in a participant high school.
- initially enrolled in the ninth grade not more than four calendar years ago.
- are meeting academic standards required by state law.
- live with their parents inside the school district attendance zone their first year of attendance. (Parent residence applies to varsity athletic eligibility only.) When the parents do not reside inside the district attendance zone the student could be eligible if: the student has been in continuous attendance for at least one calendar year and has not enrolled at another school; no inducement is given to the student to attend the school (for example: students or their parents must pay their room and board when they do not live with a relative; students driving back into the district should pay their own transportation costs); and it is not a violation of local school or TEA policies for the student to continue attending the school. Students placed by the Texas Youth Commission are covered under Custodial Residence (see Section 442 of the Constitution and Contest Rules).
- have observed all provisions of the Awards Rule.
- have not been recruited. (Does not apply to college recruiting as permitted by rule.)
- have not violated any provision of the summer camp rule, Section 1209.
- have observed all provisions of the Athletic Amateur Rule, Section 441.

**Limitation on Awards.** Schools may give one major award, not to exceed \$70.00 in value, to a student during high school enrollment at the same school for participation in one of the UIL interschool competitions listed in Section 480. One additional symbolic award, not to exceed \$20.00 in value, may be presented for participation in each additional UIL activity listed in Section 480. The \$20.00 award may be given to a student for an activity during the same year that the major award is given for that activity. *A school may contribute to major awards in honor of winning a UIL State Championship.*

Student-athletes shall be in compliance with the Athletic Amateur Rule from the first day of attendance in the ninth grade through their last day of UIL athletic competition in grade twelve. This includes during school and during non-school time and applies to all UIL competition and to non-school participation in the same sports sponsored by the UIL. (For instance, a race of six miles or longer is not considered to be a cross country meet, so the Amateur Rule is not applicable to students participating in this type of race.)

### Student-athletes in grades 9-12 shall not:

- Accept any valuable consideration as an award for winning or placing in an athletic contest. Valuable consideration is defined as anything wearable, usable or sellable, and includes such items as tee-shirts, hamburger coupons, free or reduced rate tennis racquets, etc.
- Accept valuable consideration for teaching or coaching any UIL sport, except beginning swimming or lifesaving lessons.
- Accept valuable consideration for allowing their name to be used for advertisement of a product, plan or service.
- Accept any special service or benefit offered only to athletes or members of an athletic team.

#### Exception:

- Students may accept reasonable fees that do not exceed prevailing rates for teaching or coaching activities provided they confine the work to teaching or coaching skills.
- Students may accept reasonable fees that do not exceed prevailing rates for officiating athletic contests.



The penalty for violation of the Amateur Rule is forfeiture of varsity eligibility in the involved sport for at least one year from the date of the violation. *The Athletic Amateur Rule is sport specific, so that a violation in one sport would make the student ineligible only in that sport, not in all UIL athletic activities.*

### Student Participation Required Forms

It shall be the responsibility of each school to keep on file the following required annual forms for each student who participates in any practice, scrimmage, or game. Forms to be filed can be downloaded from the UIL website ([www.uil texas.org/athletics/forms/](http://www.uil texas.org/athletics/forms/)).

- **Pre-Participation Physical Examination Form.** As a minimum requirement, a Physical Examination Form must be completed prior to junior high athletic participation and again prior to first and third years of high school athletic participation. Local district policy may require an annual physical exam. The form must be filled in and signed by either a Physician, a Physician Assistant licensed by a State Board of Physician Assistant Examiners, a Registered Nurse recognized as an Advanced Practice Nurse by the Board of Nurse Examiners, or a Doctor of Chiropractic. Examination forms signed by any other health care practitioner, will not be accepted.
- **Medical History Form.** Each year prior to any practice or participation a UIL Medical History Form signed by both a student and a parent or guardian is required. A Medical History Form shall accompany each physical examination and shall be signed by both a student and a parent or guardian.
- **Parent or Guardian Permit.** Annual participation permit signed by the student's parent or guardian.
- **Rules Acknowledgment Form.** Annual UIL Rules Acknowledgment Form signed by the student and the student's parent or guardian.
- **Parent/Student Anabolic Steroid Use and Random Steroid Testing Form.** The parent/guardian of each high school athlete, along with each high school athlete, must annually sign the UIL Illegal Steroid Use and Random Steroid Testing Parent and Student Notification/Agreement Form.
- **Concussion Acknowledgement Form.** Annual UIL Concussion Acknowledgment Form signed by the student and the student's parent or guardian.
- **Sudden Cardiac Arrest Awareness Form.** Annual UIL Sudden Cardiac Arrest Awareness Form signed by the student and the student's parent or guardian.

### Varsity Participation Required Forms

It shall be the responsibility of each school to keep on file the following required forms. Forms to be filed can be downloaded from the UIL website ([www.uil texas.org/athletics/forms/](http://www.uil texas.org/athletics/forms/)).

- **Eligibility Form.** Schools must submit comprehensive eligibility forms for football, basketball, volleyball, softball, baseball, and soccer. For all other athletic activities, a general alphabetical listing of eligible athletes is required. One copy shall be sent to the district executive committee chair and one copy shall be filed in the school's office. Completed eligibility forms are to be signed by the superintendent or a designated administrator and the coach. These forms are to be postmarked before a contestant is allowed to participate in a varsity contest. Failure to furnish correct and complete information may, upon request by the proper committee, constitute grounds for suspension.
- **Previous Athletic Participation Form.** New students in grades 9-12 who represented their former school in a varsity or sub-varsity athletic contest or practice in grades 8-12 in any previous school year must have a Previous Athletic Participation Form completed prior to participation in a varsity contest at the new school.
- **Late Forms.** If an eligibility form or a Previous Athletic Participation Form was not filed prior to competition, and it was an inadvertent error and the student is actually eligible under Subchapter M of the Constitution, the district executive committee is not required to demand forfeiture or to rule the student ineligible. They may assess the minimum penalty of private reprimand to the school.
- **Foreign Exchange Students.** Subject to the other eligibility rules of the Constitution, foreign exchange students in approved CSIET foreign exchange programs are allowed to apply for exceptions to the residence rule through the UIL waiver process. A waiver could be granted in certain activities if they have not received advanced training or have not had extensive experience in the activity of their choice. Foreign exchange students are not eligible for varsity athletic participation unless they are granted a Foreign Exchange Student Waiver.

- **Varsity Athletic Eligibility for Over-Age Student.** Subject to the other eligibility rules of the UIL Constitution, an individual is eligible to participate in a League varsity athletic contest as a representative of a participant school if that individual is less than 19 years old on September 1 preceding the contest; or has been granted eligibility based on a handicapping condition which delayed his or her education by at least one year and the student is currently in special education and under the auspices of an ARD Committee or has been identified as a 504 student prior to the end of their second year in high school (effective for entering ninth graders in the current school year).

### **Pre-Season Practice Regulations (prior to the start of school)**

Pre-season practice regulations for sports that begin practice prior to the school year are as follows:

- Students-athletes shall not engage in more than three hours of practice activities on those days during which one practice is conducted.
- Student-athletes shall not engage in more than five hours of practice activities on those days during which more than one practice is conducted.
- The maximum length of any single practice session is three hours.
- On days when more than one practice is conducted, there shall be, at a minimum, TWO hours of rest/recovery time between the end of one practice and the beginning of the next practice.
- **Schools shall not schedule more than one practice on consecutive days, and student-athletes shall not participate in multiple practices on consecutive days. (Exception - Volleyball)**

When determining how to count times spent as "practice activities" please consult the following pre-season chart:

<u>What Counts</u>	<u>What Doesn't Count</u>
Actual on field / court practice	Meetings
Sport specific skill instruction	Weight training*
Mandatory conditioning	Film study
Water breaks	Injury treatment
Rest breaks	Voluntary conditioning*

\*Does not count towards practice time, but cannot be done during the two hour rest/recovery time.

In reference to the minimum TWO hour rest/recovery time between the end of one practice and the beginning of the next practice (on days when more than one practice is scheduled), there can be no practice activities at all during this time. This time is exclusively for students to rest/recover for the following practice session, whether that session is an actual on field / court practice or a mandatory conditioning period.

### **Regular Season Practice Regulations**

- **Eight Hour Rule** - Practice outside the school day, from the beginning of the school week through the end of the school week (excluding holidays), is limited to a maximum of eight hours per school week, per activity.
- The **in-school athletic** period does not count towards the allotted 8 hours
- **Any time** used in connection with a practice that is not part of the athletic period counts as part of the 8 hours. (Dress, mandatory weights/video/meetings, etc.)

## Contest Schedule Rules

The following section combines State Law, State Board of Education regulations, and UIL rules. The Texas Education Agency defines participation as being involved with the activity, traveling with the team, or sitting on the bench. UIL defines participation of a student athlete as actually entering the contest as a player. Example: On a Tuesday night, the student's name is on the scorebook but she remains on the bench and does not actually enter the game. This counts as participation for TEA but not UIL. In other words, that student cannot participate again until Friday after school because of TEA regulations, however that game does not count as one of the allowable games as determined by UIL policy.

### Constitution and Contest Rules: Section 5: Definitions.

- **Calendar week** means 12:01 a.m. on Sunday through midnight on Saturday.
- **School week** means the week beginning at 12:01 a.m. on the first instructional day of a calendar week and ends at the close of instruction on the last instructional day of the calendar week, excluding holidays. 19 TAC 97.113 (K) (1).
- **One contest per school week:** School districts shall adopt policies limiting extracurricular activities from the beginning of the school week through the end of the school week (excluding holidays) by scheduling no more than one contest or performance per activity per student. \* Exception: Tournaments and post-season competition, as well as district varsity contests postponed by weather or public disaster, may also be scheduled during the school week.
- **Eight-hour practice rule:** School districts shall adopt policies limiting extracurricular activities from the beginning of the school week through the end of the school week (excluding holidays) by limiting practice outside the school day to a maximum of eight hours per school week per activity.

### Participation.

- (b) **SUNDAY PROHIBITION.** A UIL member school shall not participate in any athletic contest or conduct any practice or teach any plays, formations or skills on Sunday.
- (1) *Violation.* Any showing of films to or meetings of athletes for the purpose of instruction or reviewing of plays, formations or skills in any sport will be construed as a violation.
  - (2) *Coaches Sunday Meetings.* This does not prevent coaches from meeting on Sunday or from seeing films or planning an instructional program, provided no athletes are involved in this meeting.
  - (3) *Exceptions.*
    - (A) Golf. If the regional and/or state golf tournaments are scheduled on a Monday, the one 18-hole practice round allowed at the regional and/or state tournament site may be played on the Sunday afternoon preceding the meet (no earlier than 12:00 noon) if permitted by the regional or state meet director.
    - (B) Tennis. If the regional and/or state tennis tournaments are scheduled on a Monday, and if participants arrive at the site on the preceding Sunday because of travel distance, it will not be a violation of this rule if school district personnel accompany or transport participants to a tennis court for the purpose of practicing on their own, if permitted by the regional or state meet director.
    - (C) Cross Country. If the regional and/or state cross country meets are scheduled on a Monday, and if participants arrive at the site on the preceding Sunday because of travel distance, it will not be a violation of this rule if school district personnel accompany or transport participants to the course site for the purpose of practicing on their own, if permitted by the regional or state director.
- (c) **REGIONAL AND STATE TOURNAMENT COMPETITION ON SUNDAY.** Regional or state tournament directors may reschedule postponed or weather delayed tournaments on Sunday afternoon or evening with prior approval of the tournament director and the participating schools and with prior permission from the UIL Athletic Director.

## ~REGULAR SEASON~

### Swimming & Diving Regulations

An official starting date and final swimming and diving meet have not been set by the Legislative Council. A starting date should be set by school administration.

- No student representing a participant school shall participate in more than eight meets during the school year, excluding one district meet, the regional meet and the state meet. Each meet a school team enters counts as one meet for each participating individual.
- School week: A student or team representing a member school shall participate in no more than one scrimmage, contest, or meet per school week. School week is defined as beginning at 12:01 am on the first instructional day of a calendar week and ends at the close of instruction on the last instructional day of the calendar week, excluding holidays.
- Meets, which are limited to three or fewer schools, do not count as a meet for teams or participants, provided there is no loss of school time.
- It is considered a school meet if a student is wearing or using school equipment, being transported by the school or is being directed in the meet by a school district coach.

**School Name & Hy-tek Code.** Schools must use the correct school name and code (<https://www.uiltexas.org/swimming-diving/school-codes>) at the district meet in order for the correct information to be sent to the regional meets and then on to the state meet.

**Rules.** The swimming and diving rules are available in the current National Federation Swimming and Diving Rules Book and shall be enforced in all League meets. Rulebooks can be purchased from the National Federation, Box 361246, Indianapolis, IN 46236-5324; 1-800-776-3462 or [www.nfhs.org](http://www.nfhs.org).

#### **Events for District, Regional, and State.**

Boys and girls events for district, regional and state meets shall be as follows:

- 200 Yard Medley Relay
- 200 Yard Freestyle
- 200 Yard Individual Medley
- 50 Yard Freestyle
- 1 Meter Diving
- 100 Yard Butterfly
- 100 Yard Freestyle
- 500 Yard Freestyle
- 200 Yard Freestyle Relay
- 100 Yard Backstroke
- 100 Yard Breaststroke
- 400 Yard Freestyle Relay

#### **Entry Limitations.**

A competitor shall be permitted to enter 2 individuals and/or 2 relay events; or 4 events, no more than 2 of which may be individual (3 relays and 1 individual is permissible). Only eligible students are allowed to compete at UIL member school hosted meets.

- Exhibition heats and unattached athletes are not allowed at any UIL swimming and diving competition.
- When more than one relay entry per school is allowed, A & B team members must remain the same for prelims and finals. A & B relays are not allowed to switch their membership from one relay to another.

**Divisions.** There shall be the following two divisions in the respective 5A and 6A conferences: a) boys; b) girls.

#### **Classifications.**

- Districts Meets. District swimming and diving chairmen shall be responsible for organizing the district meets.
- Regional and State Meets. There will be two classifications for regional and state meets.
  - Conference 5A and below schools
  - Conference 6A



## ~POST SEASON~

### UIL Championship Structure

The swimming and diving rules found in the current National Federation Swimming and Diving Rules Book shall be enforced at all UIL meets. NFHS rulebooks may be purchased from the NFHS Website: [www.nfhs.org](http://www.nfhs.org).

District meets shall be held in districts with more than six individuals or relays entered. Only the teams and individuals qualifying through the district and regional meet are eligible to advance to the state meet.

- A maximum of the top six individuals in each event and relays shall qualify from district to regional.
- There shall be no consolation finals in the district meet.
- The first and second place winner in each event of eight (8) regional swimming meets will advance to the State Meet. The next eight (8) swimmers with the best regional final times overall will advance to the state meet.
  - Only top 16 performances will qualify to finals and one consolation heat for swimming.
- If there are ties in determining the qualifier to the next meet, the times of the competitors from the preliminary competition will be considered first with the competitor with the fastest preliminary time advancing. If a tie should still exist, the decision will be made by lot.
- In diving, three divers will qualify at each of the eight regional meets to the state meet. There is no diving degree required for qualifiers into the regional and state meet.
  - Only top 16 divers will qualify to last 3 dives for finals.
- A competitor/team relay is officially entered when the official entry sheet is delivered to the meet director at the designated time and place.
- After the entry deadline, there shall be no substitution allowed in the individual events according to NFHS. If the individual place winner cannot compete in the next higher meet, the next place winner may be certified if time allows.
- Scratches are permitted due to academic ineligibility. If this occurs, the regional director may contact alternate qualifiers to replace individual school entries that are scratched.

**Entry Process.** The district and regional entries shall be consistent with the UIL policy. All coaches must submit entries to the district or regional meet director no later than five days prior to the meet. Please contact the District Executive Committee Chair or meet director or regional meet director for procedures and instructions regarding district and regional entries

- Regional meet information will be provided from a link on the UIL Website.
- Each meet director may require specific electronic files or online entry procedures and for listing names to participate on a relay.
- The UIL form is no longer required provided each coach verifies each entry with the meet director. If needed, UIL entry forms are available on the UIL website and may be used to facilitate the process.

**Relays Events.** In relay events, qualification is by school. Schools may change personnel on relay teams prior to the next UIL qualifying meet according to National Federation regulations.

**Scoring.** NFHS Rule 7-1 apply for all UIL competitions.

- Scoring at the district meet shall be to score places 1-8. Relays are scored double.
- Scoring at the regional and state meets will be individual events: 20-17-16-15-14-13-12-11 for the finals and 9-7-6-5-4-3-2-1 for the consolation finals. Relays are scored double.

### **District Meets**

**Dates** - All district swimming meets must be held by January 25, 2020.

**Site** - The site of the district meet shall be determined by the District Executive Committee.

**Schedule** - A championship meet format shall be established by the District Executive Committee.

### **Regional Meets**

**Date** - Regional swim meets will be held on January 31-February 1, 2020.

**Site** - <http://www.uiltexas.org/swimming-diving/regional-sites>.

**Schedule** - The regional director will declare the time schedule. The UIL highly recommends that the regional sites utilize the same meet schedule

## **State Meet**

**Dates** - February 14-15, 2020.

**Site** - The site of the State Swimming and Diving Meet will be the Lee & Joe Jamail Texas Swimming Center in Austin.

## **2020 UIL State Swimming & Diving Meet Schedule**

*Tentative Schedule*

### **Thursday, February 13**

5:00 pm - 7:00 pm      SCHOOLS PICK UP TEAM PACKETS AT UIL OFFICE, 1701 MANOR ROAD

### **Friday, February 14**

A specific pool warm-up schedule will be provided.

#### Session 1- 5A Prelims

8:00 am      Schools allowed into locker room/on deck  
8:15 am - 9:45 am      5A swim warm up and dive practice  
10:00 am      5A swimming prelims and Diving prelims

#### Session 2- 6A Prelims

3:30 pm      Schools allowed into locker room/on deck  
3:45 pm - 5:15 pm      6A swim warm up and dive practice  
5:30 pm      6A swimming prelims and Diving prelims

### **Saturday, February 15**

#### Session 1- 5A Finals

8:00 am      Schools allowed into locker room/on deck  
8:15am – 9:15am      5A swim warm up and dive practice  
9:30 am      5A swimming and diving finals

#### Session 2- 6A Finals

2:00pm      Schools allowed into locker room/on deck  
2:15 pm - 3:15 pm      6A swim warm up and dive practice  
3:30 pm      6A swimming and diving finals

## ~QUICK LINKS~

*Below are Links to help you find information pertaining to UIL Rules and Regulations*

**Constitution and Contest Rules (C&CR).** The UIL Constitution and Contest Rules are the official rules that govern all UIL-sponsored activities and also define the direction, function and purpose of the League.

- <https://www.uiltexas.org/policy/constitution>

**TEA-UIL Side-by-Side.** The UIL publishes this document to provide member schools notice of the Texas Education Agency, which relate to UIL and all other extracurricular activities sponsored or sanctioned by the school district.

- <https://www.uiltexas.org/policy/tea-uil-side-by-side>

**Booster Club Guidelines.** This document provides guidelines, which govern all booster club activities related to UIL-sponsored competition. Since the UIL regulates and governs what participants, sponsors, and coaches may and may not accept, it is very important booster club members and parents are aware of these guidelines.

- <https://www.uiltexas.org/policy/guidelines-for-booster-clubs>

**Swimming Plan** – Section 1290 of the C&CR

- <https://www.uiltexas.org/policy/constitution/athletics/swimming>

**Employment of Coaches** – Section 1202 of the C&CR

- <https://www.uiltexas.org/policy/constitution/athletics/overview>

**Athletic Eligibility** – Section 1205 the C&CR

- Section 1205 – 1206 <https://www.uiltexas.org/policy/eligibility>
- Eligibility Standards <https://www.uiltexas.org/policy/constitution/general/eligibility>

**School Practice and Game Restrictions** – Section 1206 of the C&CR

- Section 1206 <https://www.uiltexas.org/policy/constitution/athletics/eligibility>
- Summer Strength and Conditioning Program Regulations <https://www.uiltexas.org/athletics/summer-strength-conditioning>
- Non-School Participation Manual <https://www.uiltexas.org/files/athletics/Non-School.pdf>

**Rules Violations and Penalties** – Section 1207 of the C&CR

- Sections 1207 <https://www.uiltexas.org/policy/constitution/athletics/eligibility>

**Athletic Regulations** – Section 1208 of the C&CR

- Section 1208 <https://www.uiltexas.org/policy/constitution/athletics/eligibility>



*[www.uiltexas.org](http://www.uiltexas.org)*



**#UILState**