

# SWIMMING AND DIVING GIRLS

Revised February 2024

## I. RULES

- A. We abide by the official rules as stated in the National Federation of High Schools Swimming and Diving Rulebook, with the following exceptions:
  - 1. All league meets held in four lane pools will allow 3 individual entries and 2 relay entries from each team. In any individual swimming event in which either team has more than 2 entries, the event will be swum in two heats. It is strongly urged that each team swim its two stronger competitors in the second heat and any remaining swimmers will swim in the initial heat. Results of individual swimming events with more than one heat will be determined based on official times, except when a swimmer has been judged to finish ahead of another swimmer in the same heat having the same or slower time. In such cases, the judged position prevails, and the remaining places are decided based on time. Scoring will be the same as for meets conducted in 6 lane pools.
  - 2. In the finals of the FCIAC Individual Swimming and Diving Championships, relay events are to be scored as stated by Federation Rules, in all 16 places
  - 3. All Sports Teams and individual athletes must have a minimum of 10 physical exertional school practice days before the date of the first scheduled competition
  - 4. No team/athlete shall practice/compete with their school more than 6 consecutive days to provide a day of rest. Saturdays, Sundays, and holidays may be used unless prohibited by local board policy.

## II. DETERMINING SCHEDULE

- A. The makeup of the divisions will be determined as written in the FCIAC League Operations; 3. Scheduling; e. Establishment of divisions. B.
- B. The chairperson of the swimming committee will draw up the schedule in accordance with league scheduling policy and submit it to the swimming committee for approval so that it may be included in the yearly report of the committee.
- C. All make-ups are to be played on the next mutually open date with facility availability taken into consideration. Saturdays are mandated make-up days during the last two weeks of the regular season. Sunday's can be used by mutual consent.

## III. DETERMINATION OF CHAMPION

- A. Criteria for determining the Division winners:
  - 1. Team with best record counting meets in division only
  - 2. In case of tie, the team winning the meet between the tied teams shall be declared the division winner
  - 3. If the two division teams have tied in their meeting the point system, first on a divisional basis, will be utilized to determine the winner. If they are still tied,

the point system will be applied on an overall conference basis to determine the Division winner.

4. Multiple ties only:
    - a. The point system, on a divisional basis, shall be used to reduce the teams to two
    - b. If this reduction is effective, the winner will be the winner of the mutual meet between these two remaining teams
    - c. If they are still tied, the point system will be applied to the overall conference record. The team with the highest score will be the winner
  5. Point System
    - a. Each tied team shall be awarded:
      - 10 points per win
      - 5 points per tie
      - 1 point for each win scored by the teams which tied team had defeated and  $\frac{1}{2}$  point for each opponent's ties
    - b. The number of meets shall be divided by the total points received
    - c. The team with the greatest number of points shall be declared the division winner
- B. There will be an all-conference meet for a determination of conference event champions and FCIAC champion

#### IV. OFFICIALS

- A. The league shall assign 3 officials from the Connecticut Swimming Officials Association for all FCIAC Dual Meets
- B. Each host team is responsible for obtaining a sufficient number of competent supplementary officials to conduct a meet

#### V. AWARDS

- A. East and West Division champions will be awarded the FCIAC Trophies
- B. FCIAC Individual Swimming and Diving Championship Meet team winners and runner-up will be awarded trophies
- C. Medals will be awarded for the top six places in all individual events and the top three places in the relays of the FCIAC Individual Swimming and Diving Championships

#### VI. EVENTS

- A. Order
  1. 200 Yard Medley Relay
  2. 200 Yard Freestyle
  3. 200 Yard Individual Medley
  4. 50 Yard Freestyle
  5. One Meter Diving
    - a. 11 dives – championship meet
    - b. 6 dives – dual meet
  6. 100 Yard Butterfly
  7. 100 Yard Freestyle
  8. 500 Yard Freestyle
  9. 200 Yard Freestyle Relay

10. 100 Yard Backstroke
11. 100 Yard Breaststroke
12. 400 Yard Freestyle Relay

#### VII. RELAYS

- A. Each season shall be preceded by a relay tournament
  1. No awards shall be awarded
  2. Officials shall be provided by the FCIAC