

900 Swimming & Diving

901 GOVERNING BODY

National Swimming and Diving Rule-book is the governing authority in swimming & diving. The State CIF, NCS or the MCAL may make some modifications.

902 GENERAL INFORMATION

1. Swimming is a spring sport.
2. Swimming shall be a single round robin.
3. Duel meets will be held on Fridays for swimming.
4. League swimming meets shall begin at 4:00.
5. Cancelled matches must be made up by the next available Wednesday. It is not necessary to make up non-varsity games after the season has officially ended (i.e. last varsity game date) unless they have a bearing on the league championship.
6. **Only** the athletic director or a site administrator may cancel or reschedule a game.

903 OFFICIALS

The head coach from the host school is the meet director and is responsible for arranging for all meet personnel. Diving Judges must be an adult.

904 ADMISSION

Admission may be charged at any MCAL contest although it is not customary to charge for swimming meets. See general rules for admission price guidelines.

905 LEAGUE RULES & GUIDELINES

1. League competition: Boys Varsity and Girls Varsity
2. Swimmers are required to participate in at least one-half (1/2) of their team's league dual meets in order to be eligible to participate in league trials and finals. Exceptions require the authorization of the athletic director and the MCAL

Commissioner. Transfer students must participate in 50% of the meets they are eligible for.

3. Dates of league diving competition will be determined prior to the season.
4. Divers at league meet must prove they performed a specific dive during dual season in order to perform it at league meet.
5. If scoring is used for the relays, scoring will be: 18-14-12-10-8-6-4-2
6. Coach from the host school is meet director and is responsible for arranging for all meet personnel.
7. The home coach must have a rule-book available at all meets.
8. The home coach must report league dual meet results to the media.
9. The starter must be an adult.
10. There must be three or five diving judges.
11. Home school supplies two judges if three are to be used, or three judges if five are to be used. Diving judges should be adults.
12. Lineups will be exchanged before the first event in league dual meets.
13. Order of each event: a) Girls Varsity, b) Boys Varsity with B,C,D heats (non-scoring) as needed.
14. Order of schools hosting league meets:

<u>MCAL Meet</u>	<u>School</u>	<u>Year</u>		
Novato	2029-30	San Rafael	2024-25	
Redwood	2030-31	Marin Catholic	2025-26	
San Marin	2031-32	Branson	2027-28	
Archie Williams	2032-33	Terra Linda	2028-29	
Tamalpais	2033-34			

Note: In May 07, coaches requested to eliminate MCAL relays. Ads approved request 5/07.
15. The coach from host school is meet director. A list of responsibilities will be handed out at the preseason meeting.
16. All entries to the league meet must be made by the entry deadline as verified by the league office.
17. The Director of the MCAL meet shall send the results to the league office.
18. Trials for the league meet shall be held on two separate afternoons at 4:30 PM and the finals on Saturday morning.
19. The athletic director will decide at which site the trials will be held.
20. All coaches must meet immediately after the MCAL finals to submit NCS entries.
21. FOR DIVING: A school must declare having a diving team by the first league contest. Schools may not decide mid-season to start a team

906 PLAY-OFFS

There will be a league meet at the end of the regular league season. The responsibilities of the meet shall be assigned by the league commissioner with all schools having a task. Responsibilities are: director, asst. director, program, meet management, desk team coordinator, awards timing, hospitality, diving coordinator and consultant. Responsibilities can be found on pg. 43b.

907 TIE-BREAKING INFORMATION

Basic format used in the order that it appears:

1. **Head to head competition (Winning percentage)**
2. **Record above the tie (Winning percentage)**
3. **If a tie still exists between any two places. ...use numbers drawn for place***

If two teams are tied for a play-off position EXCEPT for 4th place, the above criteria is used.

If more than two teams are tied for a play-off position EXCEPT for the 4th place, the above criteria will be used to seed a team. Once a team is seeded, the above criteria will start over between the remaining tied teams.

For the final play-off spot if two teams are tied:

There will be a play in game to the play-offs if there is no head to head (2-0) advantage except in single round sports, where the one head to head will be used unless three teams are tied for the 3rd & 4th place spots.

If the tie cannot be broken using the above criteria, the numbers will be used to place a team in the 3rd seed.

The remaining 2 teams will have a play in contest using the criteria below:

- a. **host is the highest draw number**
- b. **admission would be charged as it is a play-off contest**

If more than two teams are tied for the last positions, 1 & 2 above will be used to break the three way tie to qualify the first play in game team. If the tie is not broken between the three teams using 1 & 2 above, then the draw numbers will be used to place the first team into the play in game.

The criteria will start OVER to determine the second play in team.

In the case of more than three way tie for more than one spot which includes the 4th position. The criteria will be used to break the tie seeding one team. The criteria will start OVER again to complete the tournament using the criteria as stated previously.

- **Numbers are drawn each spring for each school for each season of sport. It has been determined that a low number (1,2,3...) would be the top. The top number has priority!**

908 AWARDS & PENNANTS

After completion of the regular season play, the team with the best record will receive a pennant. If the winner of the play-offs is a different team than the round robin winner, a pennant will be awarded to the play-off winner.

909 ALL LEAGUE

1. All league first team: winner of the specific events in the league finals.
2. All league second team: second place of the specific events in the league finals.
3. The first three finishers in swimming and diving will be awarded medals.
4. Coaches must submit their nomination from their teams by the date determined at the pre season meeting for swimmers(or diver) of the year...male & female.

The host school will be responsible for providing access to the venue, parking, and coordination of equipment (Colorado timing system, touch pads, sound system etc.). The host school will set up and take down all equipment with the help of everyone. They will be responsible for communicating with league coaches with instructions for parking and areas for teams to gather between events.

The other schools in the MCAL will each be responsible for coordinating one part of the meet. These other roles will be rotated from year to year.

<p>San Rafael: host & meet director Marin Catholic: Assistant meet director (2026 host)</p>	<p>MEET DIRECTOR: The school fulfilling this job will be responsible for facilitating the meet which will include attending the diving portion of the meet, running the coaches' meeting for both preliminaries and finals, and coordinating volunteers to collect money at the gate as well as providing supervision at any other entrances to the venue. ASST. MEET DIRECTOR will support the meet director in anyway needed.</p>
<p>Branson</p>	<p>PROGRAM: The school fulfilling this job will be responsible for producing the program for both preliminaries and finals. The program should include: -Cover Page -A list of key volunteers (meet director, referee, starter, judges etc) -Heat sheets -Updated NCS qualifying and consideration times -League and meet records</p>
<p>Terra Linda</p>	<p>MEET MANAGEMENT: The school fulfilling this job will be responsible for securing qualified meet personnel including: referee, starter, stroke and turn judges and relay exchange judges. This school will also be responsible for filing the paperwork with Pacific Swimming so that the meet will be listed as an "observed" meet. *While it is not a requirement of NCS/CIF that these volunteers be trained and "carded" by USA swimming, past practice has been to make sure that the MCAL meet is sanctioned by Pacific Swimming. Sanctioning the meet allows year round club swimmers to use the times that they achieve at the MCAL meet to qualify for other USA swim meets. The MCAL has always supported athletes in all of their endeavors wherever possible.</p>
<p>Novato</p>	<p>DESK TEAM COORDINATOR: The school fulfilling this job will be responsible for contacting and securing the services of the volunteers who run the desk during both preliminaries and finals. The desk team includes: John Nolan** Colorado Timing System (2 people) Computer (2 people) Results (1 person to post results) Announcer (Carole Claypool has fulfilled this job for over a decade) **John Nolan has a long history in Marin swimming. Each year he sends out a meet entry document to each team. He then takes the entries from each team and seeds the meet. Typically he is on hand for both preliminaries and finals to oversee the computer and help troubleshoot any technical problems that occur. He then emails the results (both prelims and finals) to the coaches. After the MCAL meet has concluded John has sent the computer file to Pacific Swimming so that club swimmers have a record of their times.</p>
<p>Redwood MCAL has the awards</p>	<p>AWARDS: The school fulfilling this responsibility should contact the MCAL office to pick up the awards. This school will also be responsible for organizing and distributing the awards at all three parts of the meet (diving, preliminaries, and finals).</p>

San Marin	TIMING: The school fulfilling this job will be responsible for communicating with league coaches to ensure that they have volunteers to serve as timers. Each team will be responsible for providing timers for one lane for the duration of the meet. The timing coordinator will provide a head timer for the duration of both days of the meet as well as two marshals to supervise warm-ups throughout the meet.
Archie	HOSPITALITY COORDINATOR: This team will be responsible for providing water for all meet volunteers, snacks for coaches and light meals (sandwiches) for key meet volunteers.
Tamalpais	<p>DIVING COORDINATOR: The school fulfilling this job will be responsible for coordinating the diving meet including securing the following volunteers:</p> <p>Diving Meet Director - head referee Diving Meet Announcer Diving Judges - The MCAL diving coaches usually serve in this capacity and the meet director will work with the coaches to make sure that they have a common understanding about scoring the dives. Desk team to record scores and handle the paperwork for the competition.</p> <p>Ideally this job will go to a team that has a diving coach to help in this regard.</p>

Finally, all schools will be responsible for setting up and cleaning their area for both days of the meet.