

SWIMMING

1. **FORMAT OF COMPETITION**

The league shall be divided into two divisions determined by strength of program. The divisions recommended by the coaches and approved by the Board of Managers.

2. **RULES**

National Federation of State High School Athletic Association of the current year unless specifically changed by the CIF, CCS, or the Board of Managers.

3. **NUMBER OF CONTESTS**

Dual meet limit is thirteen (13).

4. **STARTING DATES**

4.1 Starting practice dates shall be determined by the CCS.

5. **DEFINITION OF PRACTICE/SCRIMMAGE**

5.1 See PAL Bylaws, Article IV, Section 2.

6. **STARTING TIME FOR CONTESTS**

6.1 Afternoon contests shall commonly be scheduled at 3:30 PM unless otherwise noted and authorized by the Board of Managers or principals involved.

6.2 By mutual consent of principals, place or time of meets may be changed.

6.2.1 If the principals involved can reach no mutual agreement the changing of game times and/or sites the schedule stands as approved.

7. **REQUIRED SCORING AND/OR TIMING PERSONNEL**

7.1 Recommended: two (2) adults (starter/stroke), and one (1) finish judge, six (6) or twelve (12) timers (students or adults).

7.2 Required: one (1) adult starter: remaining two (2) finish judges and six (6) timers can be students. If judges are students there must be one from each school on all places.

8. **PAL CHAMPIONSHIPS AWARDED**

The PAL awards championships in the following categories:

8.1 Boys and girls Varsity dual meet champions, boys and girls Varsity division meet champions, boys and girls JV dual meet champions, boys and girls JV division meet champions.

9. **PLAYOFF SITES**

9.1 Will need two (2) pools, two (2) sets of officials.

10. **POST SEASON TOURNAMENT**

10.1 Neither pre or post season meets shall be authorized before or after the close of the regularly scheduled athletic activity season unless approved by the Board of Managers.

10.1.1 These meets also need CCS/CIF approval.

11. VARSITY ALL-LEAGUE SELECTION PROCEDURE

All-league selection will be the top twenty-four (24) individual scorers at the PAL championship meet. The top twelve (12) will be first team, the next twelve (12) will be second team.

11.1 The Bay division and Ocean division coaches will select the swimmer of the meet for their respective divisions.

12. AWARDS

Authorized Peninsula Athletic League awards include:

12.1 Certificates recognizing "all league selections", to be made available by the Peninsula Athletic League Commissioner's office, in addition, perpetual trophies that existed prior to the formation of the PAL or were purchased since its inception will be awarded to division champions.

13. SPECIAL RULINGS

13.1 The Peninsula Athletic League is an "open roster" league. Athletes may move between rosters throughout the season of sport. Athletes may not exceed the CCS meet limit of 13 as set by CCS. Athletes may not participate in two levels of play on the same day. Athletes may not exceed the scheduled league game limits versus league opponents.

13.2 Swimmers may swim either Varsity or JV in PAL championship meet.

13.3 Swimmers may compete in maximum of four (4) events, with a maximum of two (2) individual events.

13.4 Varsity and JV Order of Events

1. JV 200 Medley Relay
2. Var 200 Medley Relay
3. JV 200 Freestyle
4. Var 200 Freestyle
5. JV 100 Individual Medley
6. Var 200 Individual Medley
7. JV 50 Freestyle
8. Var 50 Freestyle
9. JV 50 Backstroke
- Diving Break
10. JV 50 Butterfly
11. Var 100 Butterfly
12. JV 100 Freestyle
13. Var 100 Freestyle
14. JV 50 Breaststroke
15. Var 500 Freestyle
16. JV 200 Free Relay
17. Var 200 Free Relay
18. JV 100 Backstroke
19. Var 100 Backstroke
20. JV 100 Breaststroke
21. Var 100 Breaststroke
22. JV 400 Free Relay
23. Var 400 Free Relay

- 13.5 Diving - Scores of diving competition will be included in total meet scores only if both teams enter contestants in this event.
- 13.6 For all league meets, the home team is assigned the odd lanes unless inequities exist.

14. SPORTS CHAIRPERSONS

- 14.1 The swimming chairpersons shall be selected or appointed from each division.
- 14.2 The duties of the chairpersons:
 - 14.2.1 Shall call a meeting of all the league swimming coaches prior to the beginning of the season to go over schedules, bylaws, rule changes, and anything pertaining to their sport for their season. This meeting shall include all coaches from both divisions.
 - 14.2.2 Shall call a meeting of all league swimming coaches at the end of the season to review the bylaws, make revisions in the bylaws, set up schedules for the next season, and select all-league players. At this meeting, they shall also discuss problems that came up during the season and make recommendations to resolve the problems.
 - 14.2.3 Will coordinate the evaluation of team placements and will give the new division assignments to the league commissioner.
 - 14.2.4 Shall represent their division on the CCS Swimming Committee.

