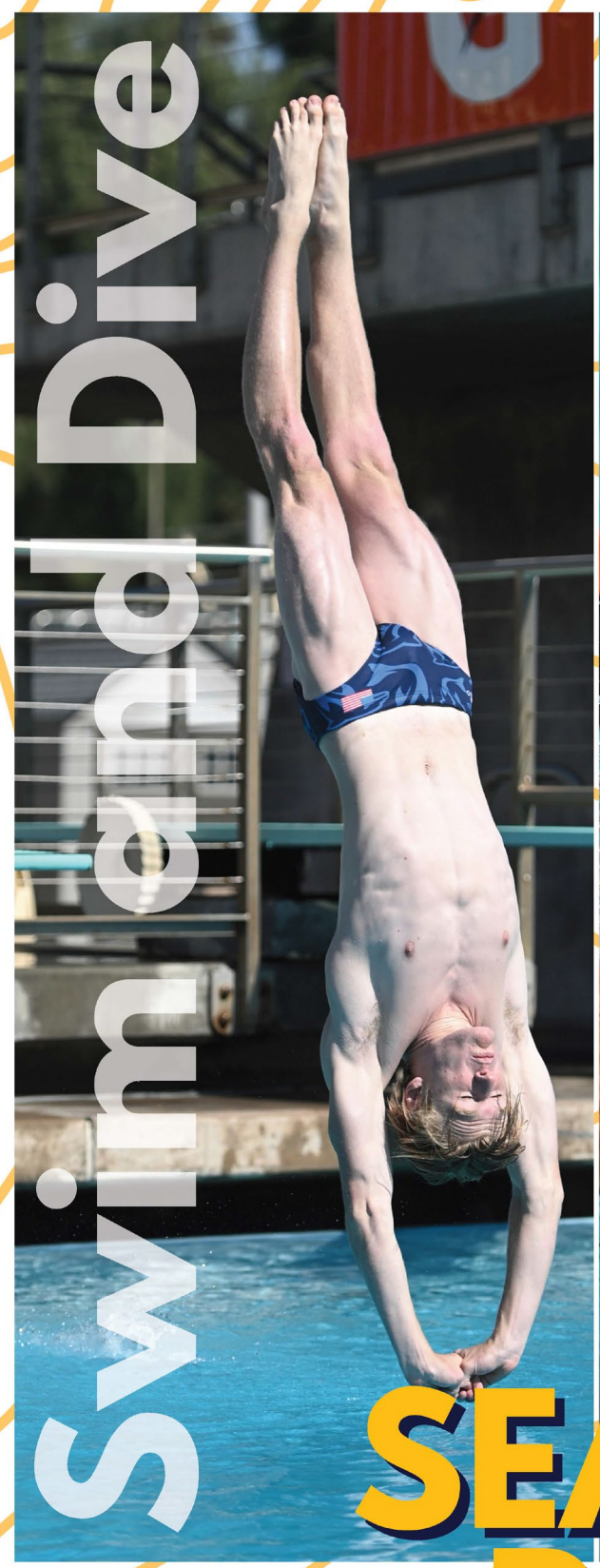
CIF SOUTHERN SECTION

SPRING 2023-2024

Swim and Dive





SEASON PREVIEW









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CIF Ford Est. 1913 Southern Section CHAMPIONSHIPS



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TO: CIF-SS ATHLETIC DIRECTORS, SWIMMING/DIVING COACHES

FROM: KRISTINE PALLE, ASSISTANT COMMISSIONER

SUBJECT: 2024 CIF SOUTHERN SECTION SWIMMING/DIVING SEASON

DATE: JANUARY 2024 updated 1/22/2024

WELCOME TO THE 2024 SWIMMING/DIVING SEASON!

The CIF-SS Office is continuing its concept of compiling a preview booklet for each sport with the hope that the overall content will prove informative and will serve as a meaningful reference point. We feel the contents of this bulletin will answer many questions and be useful throughout the upcoming season.

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Swimming & Diving rule books were mailed to your school in November.

SEE UP TO DATE SANCTIONED EVENTS @ WWW.CIFSS.ORG WEBSITE

Select Governance tab, Sanctioned Events

Southern Section
Academics • Integrity • Athletics

10932 Pine Street, Los Alamitos CA 90720-2428 (562)
493-9500 ▪ Fax: (562) 493-6266

FROM: Mike West, Commissioner of Athletics

SUBJECT: **Aquatics Legislation – Certification**

DATE: January, 2024

Just a reminder that the following legislation took effect January, 1991:

Section 116033 of the Health and Safety Code reads as follows:

Persons providing aquatic instruction, including, but not limited to, swimming instruction, water safety instruction, water contact activities, and competitive aquatic sports, at a public swimming pool shall possess an American Red Cross Emergency Water Safety Course certificate, or have equivalent qualifications, as determined by the state department. In addition, these persons shall be certified in standard first aid and cardiopulmonary resuscitation (CPR). All of these persons shall meet these qualifications by January 1, 1991. Persons, who only disseminate written materials relating to water safety, are not persons providing aquatic instruction within the meaning of this section.

The requirements of this section shall be waived under either of the following circumstances: (a) when one or more aquatic instructors possessing the American Red Cross Emergency Water Safety Course Certificate or its equivalent are in attendance continuously during periods of aquatic instruction, or (b) when one or more lifeguards meeting the requirements of Section 116028 are in attendance continuously during periods of aquatic instruction.

* * * * * * * * * * * * * * * * * * *

Please Note: The Emergency Water Safety certificate is no longer offered by the American Red Cross. The legislation above has not been revised, despite numerous requests from water safety people around the State, and it is not clear what the "state department" has established as equivalent qualifications.

It is strongly recommended that all coaches enroll in the Safety Training for Swim Coaches course currently offered by the American Red Cross, as an interim solution to the missing EWS certificate. Not many ARC Chapters offer the class, so you may need to do some investigating to locate one that does. The Long Beach Chapter has offered the class as recently as spring 2003, so that might be a good starting point for you.

SWIMMING/DIVING CALENDAR DATES FOR 2024

The following is a capsule of the CIF-SS Swimming/Diving Calendar for the upcoming season:

FIRST CONTEST
The initial date on which a school may schedule an interscholastic contest is Saturday, February 17, 2024.

LAST CONTEST
All league competition must end on or before Monday, April 22, 2024 for Diving and Friday, April 26, 2024 for Swimming. Schools may compete until April 27th for non-league contests. **NOTE**: Saturday, April 27th Swimming competition may **NOT** be used for CIF-SS qualifying.

CIF SOUTHERN SECTION SWIMMING & DIVING FORD CHAMPIONSHIPS

SWIMMING @ Mt. San Antonio College

Division	Prelims
1	Thur., May 2nd; 9:00 a.m.
2	Wed., May 1st; 4:00 p.m.
3	Wed., May 1st; 9:00 a.m.
4	Tues., April 30th; 9:00 a.m.

Division	Finals
1	Sat., May 4th; 12:00 p.m.
2	Fri., May 3rd; 3:00 p.m.
3	Fri., May 3rd; 10:00 a.m.
4	Thur., May 2nd; 4:00 p.m.

DIVING @ Margarite Aquatics Center

Division	Competition
TBD	Wed.-Thur., April 24-25

State Diving Qualifying @ Mt. San Antonio College
Tuesday, April 30th, 2024
(following swim competition approximately 2:00 p.m.)
The top **12 divers** across all 4 divisions will complete a 6 dive,
1 meter, contest to determine state championship advancement of 6 boys & 6 girls.

CIF STATE SWIMMING & DIVING CHAMPIONSHIPS
@ Clovis Olympic Swim Complex, Clovis West HS
May 9-11, 2024

THE BEST USE THE BEST

GATORADE



CIF-SS SWIMMING & DIVING ADVISORY COMMITTEES

The CIF-SS is continuing to utilize the concept of advisory committees for virtually all of the sports. The role of the advisory committee, comprised of coaches in their respective sports and an administrator from the CIF Office, may or may not include the following:

1. Meetings
2. Recommendations for playoff sites
3. Recommendations for procedural changes
4. Recommendations for rule changes
5. Evaluation of sport season
6. Assistance to coaches and/or officials organizations
7. Liaison between coaches and the CIF-SS office

We urge that if you have suggestions or questions, please make use of this excellent channel of communication and pass along suggestions to one of the committee members. We will be meeting on a regular basis during the current swimming season and your items will become part of our agenda.

SWIMMING ADVISORY COMMITTEE

COMMITTEE MEMBER	E-MAIL ADDRESS
Steve Bergen, Mayfield Senior School	steven.bergen@mayfieldsenior.org
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Linda Simons, CIFSS Rules Interpreter	scafswimtraining@gmail.com

DIVING ADVISORY COMMITTEE

COMMITTEE MEMBER	E-MAIL ADDRESS
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Michael Copeland	coachcopeland@gmail.com
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Dan Badstubner, Mgmt	dan@danbad.com

GUIDELINES FOR SUBMITTING 2024 VERIFICATION CARDS

"CIFSS qualifying swimming times must be achieved using a fully automatic timing system"

You can download/ print verification cards for the 2024 season from the Swimming & Diving page at www.cifss.org. These are the ONLY cards that will be accepted for entry into the championships. Coaches MUST complete the cards accurately and completely if they are to be accepted for the 2024 preliminary meet.

In the VERIFICATION portion of the card, all information must be filled in completely. It is important that the card is verified with officials and/or meet manager and coach's signatures.

The CIF-SS will not be responsible for swimmers disqualified from competition because of mistakes, lack of information, lack of proper signatures, and incomplete cards.

In DIVING, coaches are reminded that completed qualifying diving score sheets (no need for a card) properly signed must accompany the CIF Southern Section Championship entry.

Coaches are reminded that a swimmer may qualify for CIF-SS championship swim meets if he/she equals or betters the time standard IN ANY CIF-SS SANCTIONED DUAL, TRIANGULAR, OR INVITATIONAL MEET.

Swimmers may not qualify in any competition designated as a time trial. This means that swimmers NOT entered in an event MAY NOT fill lanes in order to swim for a qualifying time.

WHEN A COACH SIGNS THE VERIFICATION CARD AND OFFICIAL ENTRY SHEETS, HE/SHE IS VERIFYING THE AUTHENTICITY.

In DIVING, coaches are reminded that completed qualifying diving score sheets (no need for a card) properly signed must accompany the CIF Southern Section Championship entry.

"CIFSS qualifying swimming times must be achieved using a fully automatic timing system"

ENTRY RULES (National Federation Rule 3)

RULE 3, SECTION 1, ART. 1 ... "In championship meets, each team shall be permitted a maximum of 4 entries in an individual event and 1 team in a relay event."

RULE 3, SECTION 2, ART. 1 ... "A competitor shall be permitted to enter a maximum of 4 events, no more than 2 of which may be individual events. Prelims and finals are considered one meet."

RULE 3, SECTION 2, ART. 3…" **In championship meets and other multiple team meets,** a competitor officially becomes a participant in and individual event when the official entry card or form bearing the name of the event, competitor's first and last name, coach's signature (where applicable), school name, and submitted time, if one exists, is delivered to the meet director, or meet's director's designee, at the specified time and place.

In relay events, 8 individuals may be designated, and it shall not count as an entry unless the competitor actually competes in the event. Any of these 8 individuals may swim in finals provided he/she does not exceed the permitted entries for the meet. Only the 4 swimmers declared on the event entry card which shall be submitted at a specified time and place prior to the start of the event are permitted to report to the blocks and compete."

"CIFSS qualifying swimming times must be achieved using a fully automatic timing system"

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2024 GIRLS' VARSITY SWIMMING TIME STANDARDS

EVENT	AUTO.	CON.	AUTO.	CON.	AUTO.	CON.	AUTO.	CON.
	DIVISION 1		DIVISION 2		DIVISION 3		DIVISION 4	
200 Medley Relay	1:48.61	2:02.00	1:52.38	2:00.22	2:00.26	2:07.73	2:13.59	2:24.22
200 Freestyle	1:52.09	1:59.47	1:55.76	2:05.22	2:00.42	2:14.71	2:13.34	2:28.10
200 Individual Medley	2:05.42	2:14.36	2:09.88	2:21.64	2:19.06	2:34.78	2:32.56	2:47.40
50 Freestyle	24.38	25.41	24.60	26.14	25.71	27.33	26.96	29.59
100 Butterfly	56.19	1:00.04	57.45	1:03.57	1:00.11	1:09.08	1:10.49	1:20.99
100 Freestyle	52.32	55.43	53.79	57.59	56.03	1:00.18	59.70	1:06.56
500 Freestyle	5:06.39	5:28.33	5:11.16	5:44.90	5:23.71	6:13.62	6:02.18	6:46.12
200 Freestyle Relay	1:38.41	1:52.00	1:42.35	1:51.59	1:47.22	1:53.89	1:56.42	2:06.82
100 Backstroke	58.08	1:02.51	1:00.34	1:06.20	1:02.17	1:11.03	1:07.36	1:18.02
100 Breaststroke	1:06.30	1:11.16	1:06.57	1:12.61	1:12.54	1:19.49	1:16.07	1:25.48
400 Freestyle Relay	3:35.00	4:06.00	3:44.44	4:06.40	3:56.71	4:21.04	4:17.71	4:49.51

2024 BOYS' VARSITY SWIMMING TIME STANDARDS

EVENT	AUTO.	CON.	AUTO.	CON.	AUTO.	CON.	AUTO.	CON.
	DIVISION 1		DIVISION 2		DIVISION 3		DIVISION 4	
200 Medley Relay	1:35.43	1:46.00	1:39.27	1:45.72	1:44.95	1:53.76	1:54.17	2:04.32
200 Freestyle	1:40.91	1:46.74	1:43.83	1:51.05	1:47.63	1:57.87	1:52.78	2:11.00
200 Individual Medley	1:52.93	2:00.11	1:56.68	2:06.19	2:03.23	2:20.11	2:15.13	2:33.02
50 Freestyle	21.27	22.35	21.72	23.03	22.33	23.91	23.16	25.35
100 Butterfly	49.89	53.47	51.25	55.32	53.28	1:00.27	58.56	1:08.12
100 Freestyle	46.24	48.56	47.80	50.10	48.78	53.06	51.36	56.54
500 Freestyle	4:35.99	4:55.14	4:41.71	5:07.31	5:00.91	5:32.08	5:16.00	6:24.39
200 Freestyle Relay	1:25.99	1:37.00	1:29.46	1:37.20	1:32.95	1:38.73	1:40.47	1:48.25
100 Backstroke	50.78	55.81	53.41	58.74	57.64	1:03.64	58.58	1:10.30
100 Breaststroke	57.72	1:01.06	59.51	1:04.04	1:01.76	1:08.74	1:07.33	1:17.32
400 Freestyle Relay	3:09.56	3:30.00	3:16.64	3:28.99	3:27.65	3:46.59	3:48.10	4:10.87

Swimmers who wish to qualify for the 2023 CIF Southern Section Swimming Championships must have equaled or bettered the above time standards in any CIF-SS sanctioned dual, triangular, or invitational swim meet between the start and end dates specified for the high school season. ***For the 2024 CIF Southern Section Swimming and Diving Championships, there are both automatic (Auto.) and consideration (Con.) standards. Swimmers/Divers who achieve the automatic standard will be entered in that event. Additional entries will be based upon the consideration standards which will be used to fill up remaining entries.*** Those swimming in meter pools, please refer to the National Federation Rule Book for the conversion formula to convert time standards to meters. **Updated 1/11/23**

2024 BOYS' AND GIRLS' VARSITY DIVING STANDARDS

DIVING POINTS FOR QUALIFYING FOR THE CIF SOUTHERN SECTION CHAMPIONSHIPS

"CIFSS qualifying diving scores must be achieved in a meet where electronic software containing a "dive verifying program" is used. Some examples are eDive and divemeets.com."

A diver MAY qualify for the championships by any one of the following methods:

1. Perform a list with the "Automatic D.D." in their respective division and achieve the Qualifying score. This may be done in an 11- dive invitational meet or an 11 dive league championship contest.
2. Perform a list with the "Consideration D.D." AND earn a qualifying score in their respective division. This may be done in an 11- dive invitational meet or an 11 dive league championship contest.
3. Rank within the top 36 divers of the division based on the "Consideration D.D." with the "Consideration Score".

NOTE: Any failed or incorrect dive on the qualifying scoresheet will have a 0.0 D.D. when calculating the total D.D. for an entry list. This will eliminate the possibility of listing a high D.D. dive that a diver cannot complete just to achieve the qualifying standard.

TO ENTER AS CONSIDERATION…Diver can submit one 11-DIVE Contest Sheet for CONSIDERATION which meets both the D.D. and Score requirement from an 11 dive contest. Divers in the consideration category will be ranked based on the total D.D. of the submitted list. Total score will only be used to break any ties for the final qualification spots.

For invitational meets, 3-meter diving will no longer be allowed for those schools which have diving pools with a water depth of 12 feet or less. **League Championship meets must be conducted on 1m boards ONLY.** 1-meter and/or 3-meter diving will continue to be an event in our CIF Southern Section Championship meet. Attached are the Diving Tables for both 1-meter and 3-meter diving.

REMINDER: *3 meter diving will be permitted at CIF sanctioned Invitational and CIF-SS Championships only.*

2024 DIVING -- BOYS Varsity Cut-off points

BOYS	**QUALIFYING** SCORE	**AUTOMATIC D.D.** for all 11 dives	**CONSIDERATION D.D.** for all 11 dives
	11 DIVE COMPETITION		
DIVISION 1	325	22.5	19.8
DIVISION 2	300	21.5	19.0
DIVISION 3	275	20.5	18.0
DIVISION 4	275	20.5	18.0

"CIFSS qualifying diving scores must be achieved in a meet where electronic software containing a "dive verifying program" is used. Some examples are eDive and divemeets.com."

2024 DIVING -- GIRLS Varsity Cut-off points

GIRLS	**QUALIFYING** SCORE	**AUTOMATIC D.D.** for all 11 dives	**CONSIDERATION D.D.** **for all 11 dives**
	11 DIVE COMPETITION		
DIVISION 1	325	22.5	20.5
DIVISION 2	300	21.5	19.0
DIVISION 3	275	20.5	18.0
DIVISION 4	275	20.5	18.0

For the 2024 CIF Southern Section Swimming and Diving Championships there are both automatic (AUTO) and

Consideration (CON) standards. Swimmers/ Divers who achieve the automatic standard will be entered in that event. Additional entries will be based upon the consideration standards that will be used to fill up the event. AUTO QUALIFYING D.D. for CHAMPIONSHIPS FOR ALL DIVISIONS requires the divers to compete a reasonably challenging 11 dive list. They may AUTO qualify with (1) one 11- dive contest list. NOTE: Any failed or incorrect dive on the qualifying scoresheet will have a 0.0 D.D. when calculating the total D.D. for an entry list. This will eliminate the possibility of listing a high D.D. dive that a diver cannot complete just to achieve the qualifying standard.

Diving is an event of swimming, and as such, should be viewed by schools in the same manner as the other events in the swimming program. Team points for an individual placing in diving are the same as in swimming. It has come to our attention that some schools that could offer diving to their athletes are choosing not to do so. Typically, the reasons for not offering diving are the lack of a proper facility and/ or a qualified coach. In trying to promote diving throughout the CIF-Southern Section, we would encourage all of our member schools to give interested student athletes an opportunity to compete in this event. If facilities are available, either at the school site or off-campus, and a qualified coach can be secured, the CIF Southern Section strongly supports any efforts that can be made to increase the number of schools and student/athletes participating in diving.

If competition is taking place with 2 **CONCURRENT** judging panels, a diving official must be assigned to each panel to properly view violations such as balks, incorrect dives, breaks in position, etc.

DUAL MEETS -All Divisions (6 DIVE EVENTS)

A. (National Federation Rule 9-4-6). "In other meets, the competition shall consist of one voluntary dive which shall be done first -Week 1= forward group; Week 2 = back group; Week 3=inward group; Week 4=twisting group; Week 5=reverse group; etc. and five optional dives, coming from at least four of the five groups and which may include any of the dives other than the voluntary dive. Any dive from a group may be designated as a voluntary dive. It will receive its assigned DD through 1.8. Any designated voluntary dive with a DD greater than 1.8 will be assigned as DD of 1.8."

Week	VOLUNTARY DIVE GROUP
February 17 – 24	forward group
February 25 - March 2	back group
March 3 – 9	inward group
March 10 – 16	twisting group
March 17 – 23	reverse group
March 24 – 30	forward group
March 31 – April 6	back group
April 7 – 13	inward group
April 14 - 20	twisting group
April 21 - 27	reverse group

B. There must be 3 or 5 diving judges, Rule 9, Section 6 in the NFHS Swimming and Diving Rules Book. **Note: In non-championship meets when only two judges are available, 50% of the total score shall be added to make the final score equate with a three judges' score.**

INVITATIONAL OR LEAGUE CHAMPIONSHIPS

A. Eleven (11) dives – 5 voluntary, 6 optional, Rule 9, Section 4, of the NFHS Swimming and Diving Rules Book.

B. Five (5) to Nine (9) judges – Rule 9, Section 6.

C. Consideration points require submitting <u>one</u> 11 dive contest sheet from an invitational or league meet.

D. All score sheets **MUST** be signed by the COACH, ATHLETE, DIVING REFEREE and the MEET

DIRECTOR. Blue Verification Cards are no longer required for entry to the CIF-SS Diving Championships

E. ALL submitted dive sheets must be done using electronic scoring (divemeets.com, eDive, etc.) to ensure the list has accurate D.D.'s and scoring calculations are correct.

ATTENTION FREELANCE SWIMMERS/DIVERS:

Rule 3410 states that an individual must participate in at least 1/2 of the number of allowable contests permitted in a particular sport. Since the allowable number of contests in swimming/ diving is 14, in order for freelancers to be eligible for CIF Southern Section Swimming/Diving Championships, they must compete in at least 7 meets.

All PINK freelance entry cards MUST have official signatures verifying participation in 7 CIF Sanctioned Competitions, regardless of time or score obtained.

"CIFSS qualifying swimming times must be achieved using a fully automatic timing system"

CIF-SS SWIMMING GUIDELINES

BLUE BOOK
Coaches are advised to review the Swimming & Diving Section of the current Blue Book, Bylaw 1222 and Officials Fees.

RULES
All swimming and diving competition in the Southern Section will be conducted under National Federation rules unless otherwise provided herein.

MAXIMUM TEAM CONTESTS
A swimming team will be permitted to compete in no more than 14 meets total during the season (this includes dual, triangular meets, and invitationals). There is no limit to the number of invitationals a team may enter (not to exceed 14 meets total during the season). The league championship meet and the CIF Southern Section championship meets are not considered part of the charged limits.

OUTSIDE COMPETITION
Unattached competition is permissible for a student during the season of sport provided the student enters in the individual sports of badminton (singles and doubles), cross country, golf gymnastics, skiing, swimming and diving, tennis (singles and doubles), track and field (including unattached entry on relays) and wrestling.

Each CIF Section may grant approval, upon individual petition, for an athlete to travel to a foreign country to participate in national or international competition sanctioned by the governing body for that sport in the United States and the international governing body. Written permission must be obtained **PRIOR** to competition.

Bylaw 503.M PLAYER CONDUCT
Any player ejected for any reason, or any player who leaves the confines of the bench or team area during a fight that may break out, or has broken out, shall be disqualified from participating in the remainder of the game and will be ineligible for the team's next contest.

LEVEL OF COMPETITION
No student shall participate in more than one level of competition in the same sport on the same day.
Exception: Divers may dive at the varsity level and swim at lower levels. Diving is only scored at the Varsity level.

MAXIMUM ATHLETIC CONTESTS IN ONE DAY
No team member will be permitted to enter two different meets on the same day.

INCIDENT REPORTS
All incidents, injuries, or disruptions, regardless of the degree of seriousness involved, should be reported to insure accurate records in the event that further problems develop. The completed report is to be submitted in CIFSSHome.

COACHING
Only school-authorized coaches will be permitted to coach at prelims and finals of the CIF Southern Section Swimming and Diving Championships.

125.1 COACH EJECTION - Upon ejection, the head or assistant coach shall be disqualified from participating in the remainder of the game and will be ineligible for the team's next contest. The next contest may not be a forfeited, postponed or canceled game. A second ejection will constitute a two-contest suspension and a third ejection will cause suspension for the remainder of the season. A coach who was ejected from the previous contest, who, knowingly or unknowingly, participates in or is in attendance at the next contest, will result in the forfeiture of that contest.

QUESTION: What is meant by attendance at a contest?

ANSWER: *Attendance is defined as being present at the team bench/area, inside a gymnasium, stadium or playing area. Students ejected from a game in progress should remain under supervision of school staff. The intent of this rule is that the ejected person is not in attendance at the contest.*

125.2 FAILURE TO COMPLETE A CONTEST - When a school fails to complete a contest, due to a coach pulling his/her team from the floor, court, or field, it is MANDATORY that the Principal notify the CIF-SS office within 24 hours (excluding holidays and weekends). The competing schools and officials will be required to file written reports, and after review of the aforementioned material, the principal of the school involved will be required to respond to the CIF Southern Section Office concerning his/her investigation of the incident.

QUESTION: How serious is such action?

ANSWER: *It has been the position of the CIF-SS Executive Committee to expect the building principal of the school concerned to relieve the coach from his/her assignment for the balance of that season or the Executive Committee is empowered to consider recommendations for additional penalties*

OFFICIALS FEES

SWIMMING

A. Dual or Triangular Meet Pay Schedule - There are 11 swimming events for each level.

1 level (11 events) - $74	5 levels (55 events) - $118	9 levels (99 events) - $162
2 levels (22 events) - $85	6 levels (66 events) - $129	10 levels (110 events) - $173
3 levels (33 events) - $96	7 levels (77 events) - $140	11 levels (121 events) - $184
4 levels (44 events) - $107	8 levels (88 events) - $151	12 levels (132 events) - $195

*If there are additional heats between levels, add $2.00 for each additional heat.

When competition is conducted in 8 lanes or more (open lanes count toward the 8), 2 officials will be required for CIF time standard verification. If 2 officials cannot be obtained, qualification will only be recognized within the first 6 lanes (open lanes count toward the 6) from the starter.

DIVING

If diving is held during the swimming competition, the fees are:
The pay schedule for a six (6) or eleven (11) dive program are the same.
1-6 divers = $41.00, for each additional diver, add $2.00
Championship Finals or Invitational Finals Meet Pay Schedule
The pay schedule for a SIX (6) dive program: 1-6 divers = $77.00, for each additional diver, add $2.00
The pay schedule for ELEVEN (11) dive program: 1-6 divers = $85.00, for each additional diver, add $3.00

Swimming and Diving Rules Changes - 2023-24

By NFHS on April 26, 2023

swimming & diving

3-3 Note: Moves the note to the beginning of Section 3 and adds language prohibiting accommodations altering compression, buoyancy, or competitive advantage.
Rationale: The section will make it clear this provision applies to all articles in Section 3.

3-3-2: Removes language which specifies that a competitor shall only be able to compete in a suit that is of decent appearance.
Rationale: Eliminates the subjectivity of "decent appearance" for an official when making an illegal suit determination.

8-1-3d PENALTY 2, 8-1-6 PENALTY: Added the requirement of a written record for dual confirmation of a false start.
Rationale: The change aligns language with the current requirement that when dual confirmation is used, the relay takeoff judges are required to report in writing any violations to the referee.

8-2-1g: Removes the language about some part of the body at or above the surface during a backstroke finish.
Rationale: The change aligns with national trends, allows the official to concentrate on the backstroke finish (wall touch), and may prevent lunging at the wall which reduces risk.

8-2-2d-h: Requires the arms and legs to move simultaneously but does not require the arms and legs to be in the same horizontal plane. Also requires separation of the hands during the touch at turns and finish.
Rationale: Changes provide clarity, consistency, and alignment with national trends and do not provide a competitive advantage.

8-2-3c, e, g: Requires the separation of hands and a simultaneous touch with the hands during the turns and finish.
Rationale: Changes provide clarity, consistency, and alignment with national trends and do not provide a competitive advantage.

9-5 Diving Table: Removes dives 104A, 304A and 402A from the Diving Table.
Rationale: When each dive is performed slightly short of vertical, the diver's head may be precariously close to the diving board. The risk of hitting the board in these cases is far greater than other dives on the table.

9-7-4c: Adds a penalty for when a diver's head is too close to the diving board. The diving referee shall make the determination and inform diving judges to score the dive as unsatisfactory.
Rationale: Minimizes the risk factor of the diver performing the dive in a way that brings the diver's head too close to the board.

2023-24 SWIMMING AND DIVING EDITORIAL CHANGES

2-4-2, Table 2-1, 5-2, 5-3-6, Appendix B

2023-24 SWIMMING AND DIVING POINTS OF EMPHASIS

1. Risk Minimization

2. National Trends

3. Participant and Spectator Unsporting Conduct

4. Designated Areas for Photographers



UNITED WE STAND

Together, for California.

California Correctional Peace Officers Association

SUPERVISION OF ATHLETES

ALL Athletes must have a certified supervisor in order to compete

The Southern Section Office has experienced a problem which has perpetuated itself over the years as it pertains to proper supervision and entry of student-athletes in the post-season playoffs. The situation relates to individual sports, i.e. CROSS COUNTRY, INDIVIDUAL TENNIS, TRACK, SWIMMING, etc. and the official recognition and registration of entrants at the respective playoff sites.

State and Southern Section Rule 503 states:

No CIF team (i.e., individual) shall participate in inter-scholastic or approved competition with any other team unless the CIF team is under supervision as required by the California Administrative Code Title V and CIF By-Law #506A and B. (Additionally, refer to Rule 123.)

Those persons APPROVED FOR SUPERVISION PURPOSES are limited to:

A. Certificated personnel
B. Certified Coaches (certified credentialed coaches)
C. Non-certificated temporary coaches (certified walk-on coaches.)

(It should be noted that schools representing the same DISTRICT might send one credentialed or certified supervisor for three or four athletes. These individuals have been recognized and are to continue to be recognized for registration and participation purposes in that the district has assigned the supervisory role for all students from its' member schools to this one individual.)

However, the concern is for those students who ARE NOT accompanied by a faculty representative and report to the playoff site by themselves or with a parent. ***GIVING PARENTS THE SUPERVISION AUTHORITY, WHETHER IN WRITING OR NOT, DOES NOT MEET THE STANDARDS SET FORTH IN THE ABOVE REGULATIONS.*** **This also applies to parents who are the student's private coach but are not under contract to the member school.**

PLEASE NOTE, THIS RULE WAS REVIEWED BY THE STATE CIF OFFICE, ITS GENERAL COUNCIL AND THE SOUTHERN SECTION EXECUTIVE COMMITTEE. IT HAS BEEN REAFFIRMED THAT THE INTERPRETATION STAND AS ABOVE AND THAT ANY STUDENT REPORTING FOR COMPETITION WHO IS NOT UNDER DIRECT SUPERVISION IN ACCORDANCE WITH STATE AND SOUTHERN SECTION RULE 503, IS TO BE DENIED ENTRY FOR PARTICIPATION IN THE COMPETITION.

As pointed out by the Southern Section and State CIF attorney, there are inherent liability problems when an individual competes in violation of said rule. Please review this rule with your staff in that it will be strictly enforced as per the above application.

National Interscholastic Swimming Coaches Association
2023 - 24 NISCA Swimming All-America

Yard Time Standards

Top 100 Athletes as determined by submitted and accepted times will be recognized as All-America in individual and relay events.

Boys		*High School*	*Girls*	
All-America	**Consideration**	**Event in Yards**	**Consideration**	**All-America**
1:32.76	1:34.41	**200 Medley Relay**	1:46.16	1:44.27
1:38.67	1:40.06	**200 Freestyle**	1:50.65	1:48.74
1:49.50	1:51.52	**200 Individual Medley**	2:04.01	2:01.46
:20.43	:20.85	**50 Freestyle**	:23.50	:23.08
:48.57	:49.69	**100 Butterfly**	:55.48	:54.38
:44.83	:45.64	**100 Freestyle**	:51.10	:50.15
4:29.39	4:33.16	**500 Freestyle**	4:58.20	4:53.06
1:24.34	1:25.77	**200 Freestyle Relay**	1:37.15	1:35.36
:49.07	:50.18	**100 Backstroke**	:55.91	:54.73
:55.44	:56.68	**100 Breaststroke**	1:03.78	1:02.59
3:05.74	3:08.40	**400 Freestyle Relay**	3:31..16	3:27.68

DIVING QUALIFYING SCORES 2023-2024

BOYS: Minimum score of **375** points and D.D. of Optional Dives **13.3 or higher.**

GIRLS: Minimum score of **375** points and D.D. of Optional Dives **13.0 or higher.**

All-American application forms are available on-line at www.niscaonline.org.

Southern California SwimmingUSA Swimming

USING HIGH SCHOOL TIMES
"Observed Swims"

For ANY Observed Swim to be entered in USA SwimmingSWIMS Database.....

A. **NO times will be entered in SWIMS for a high school swim achieved at any meet prior to League Championships.**

B. CIF Southern Section and City Championships will be observed & require no action on your part other than requesting the Observed Swim.

C. For a High School League Championship to receive "Observed" status, thefollowing steps must be taken **BY THE 1ST MONDAY IN APRIL.**

1. The meet must be run with **fully automatic timing** (electronic start, touch padfinish with appropriate backup)

2. "Observed Meet" application completed, signed and accompanied by the current application fee must be received by the SCS office. Application must designate sessions to be observed (Finals only, prelims and finals, etc).

3. Names of two USA Swimming certified observers (one for each end of the pool) must be submitted **with the High School Observed Meet application.** The USA Swimming certified observers **may** be the SCAF assigned high school officials, if they are USA Swimming certified, OR minimum USA Swimming

4. ***A copy of the certification of the pool used for the League Championshipmust be submitted unless the pool has been certified under USA Swimming rule 104.2.2C(4) and is on file with USA Swimming.***

5. **All submissions must conform to the Standard Data Interchange Format (SDIF) published USA Swimming.**

6. **Complete League Meet results**, including heat sheetssigned by the USA Swimming observers, must be received by the SCS office **by June 1st**.

USA Swimming
Southern California Swimming
Observed Meet Application

Date:_____

I, _____, apply on behalf of _____
Applicant Name Organization
for Observed Meet Status to hold a swimming competition, exhibition, or clinic at:

_____ on the _____ day(s) of _____, 20___
Location Date Month Year

Our application fee of $_____, a copy of the event information and event entry form are attached.

Also included is a complete schedule of lanes and times for all warm-up procedures which must be adhered to by all participants.

As a condition of obtaining Observed Status, I and the above organization, which I represent, agree to judge this event under the rules and regulations of USA Swimming, Inc. and Southern California Swimming, Inc., for athletes whose times are to be entered into the USA Swimming database, SWIMS. The league agrees to terms included in Article 202 of the current edition of US Swimming Rules and Regulations, specific reference to 202.2.7 thereof which provides that:

> In granting Observed Status it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

Officials: Officials for this event shall be qualified persons certified by USA Swimming, Inc., and Southern California Swimming, Inc., and a list of such officials will be submitted one week prior to the above event if requested.

Signed: _____ _____
Club President Date
Signed: _____ _____
League Representative Date

Return Sanction to:_____Phone:_____

Address:_____ E-mail address: _____

City: _____State:_____ Zip: _____

Mail Application to: Southern California Swimming, 29000 S. Western Ave., Ste 304, Rancho Palos Verdes, CA 90275

Do Not Write Below This Line
---------- S C S U s e O n l y ----------

Approved: Yes No Observed Sanction #:_____

Issued: _____ _____20 _____ Signed:_____

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jolynxfinis.com

START TODAY

Week 1	Morning 8 a.m. Local Time	Afternoon 12 p.m. Local Time
Monday, May 6, 2024	United States Government and Politics	Art History Chemistry
Tuesday, May 7, 2024	Human Geography Microeconomics	Seminar Statistics
Wednesday, May 8, 2024	English Literature and Composition	Comparative Government and Politics Computer Science A
Thursday, May 9, 2024	Chinese Language and Culture Environmental Science	Psychology
Friday, May 10, 2024	European History United States History	Macroeconomics Spanish Literature and Culture
Art and Design: Friday, May 10, 2024 (8 p.m. ET), is the deadline for AP Art and Design students to submit their three portfolio components as final in the AP Digital Portfolio.		

Week 2	Morning 8 a.m. Local Time	Afternoon 12 p.m. Local Time	Afternoon 2 p.m. Local Time
Monday, May 13, 2024	Calculus AB Calculus BC	Italian Language and Culture Precalculus	
Tuesday, May 14, 2024	English Language and Composition	African American Studies Physics C: Mechanics	Physics C: Electricity and Magnetism
Wednesday, May 15, 2024	French Language and Culture World History: Modern	Computer Science Principles Music Theory	
Thursday, May 16, 2024	Spanish Language and Culture	Biology Japanese Language And Culture	
Friday, May 17, 2024	German Language and Culture Physics 1: Algebra-Based	Latin Physics 2: Algebra-Based	

Late Testing

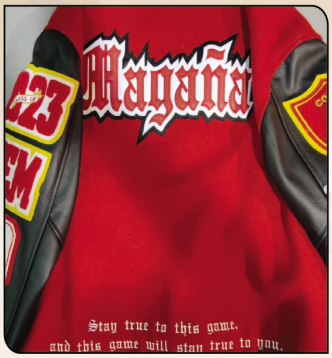
Occasionally, circumstances make it necessary for students to test late. To preserve the security of AP Exams, alternate versions of the exams are used for late testing. All students who participate in late testing at a given school must take these alternate exams on the scheduled late-testing dates at the scheduled times.

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