

Swim & Dive

**SEASON
PREVIEW**



2025



2025



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TO: CIF-SS ATHLETIC DIRECTORS, SWIMMING/DIVING COACHES
FROM: KRISTINE PALLE, ASSISTANT COMMISSIONER
SUBJECT: 2025 CIF SOUTHERN SECTION SWIMMING/DIVING SEASON
DATE: JANUARY 2025 *updated 1/9/2025*

WELCOME TO THE 2025 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 2025

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 2025

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 22, 2025.

LAST CONTEST

All league competition must end on or before Monday, April 28, 2025 for Diving and Friday, May 2, 2025 for Swimming.

CIF SOUTHERN SECTION SWIMMING & DIVING FORD CHAMPIONSHIPS

SWIMMING @ Mt. San Antonio College

<u>Division</u>	<u>Prelims</u>
1	Thur., May 8 th ; 9:00 a.m.
2	Wed., May 7 th ; 4:00 p.m.
3	Wed., May 7 th ; 9:00 a.m.
4	Tues., May 6 th ; 9:00 a.m.

<u>Division</u>	<u>Finals</u>
1	Sat., May 10 th ; 12:00 p.m.
2	Fri., May 9 th ; 3:00 p.m.
3	Fri., May 9 th ; 10:00 a.m.
4	Thur., May 8 th ; 4:00 p.m.

DIVING @ Marguerite Aquatics Center

Division
TBD

Competition
Wed.-Thur., April 30th-May 1

State Diving Qualifying @ Mt. San Antonio College Tuesday, May 6th, 2025

(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 15-17, 2025



THE BEST USE THE BEST

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CIF-SS SWIMMING & DIVING ADVISORY COMMITTEES

The CIF-SS is continuing to utilize the concept of advisory committees for virtually 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

Steve Bergen, Mayfield Senior School
John Chamberlain, Indian Springs HS
Don Conner, Western HS
Eric Corona, Kennedy HS
Andy Garcia, Mission Viejo HS
Eric Henninger, Garden Grove HS, Management
Ryan Katsuyama, Management
John Montrella, SCAF
Ismael Perez, Mark Keppel HS
Paul Marceau, Ayala HS
Janet Mobley, Glendora HS
TJ Prendergast, Beckman HS
Mark Thibault, Management
Maggie Twinem, L.B. Wilson HS
Sarah Zurn, La Mirada HS
Linda Simons, CIFSS Rules Interpreter

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DIVING ADVISORY COMMITTEE

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Jason Wilson
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Ryan Katsuyama, Poly/ Pasadena HS
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GUIDELINES FOR SUBMITTING 2025 VERIFICATION CARDS

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

You can download/ print verification cards for the 2025 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 2025 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 an 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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2025 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	1:36.75		1:38.78	1:47.02	1:43.66	1:51.60	1:54.39	2:02.72
200 Freestyle	1:40.08	1:47.17	1:43.19	1:51.80	1:48.19	1:59.51	1:55.01	2:12.08
200 Individual Medley	1:53.29	2:00.96	1:57.30	2:07.15	2:02.08	2:17.35	2:15.56	2:29.06
50 Freestyle	21.25	22.40	22.00	23.04	22.17	23.67	23.33	25.40
100 Butterfly	50.34	53.58	52.38	55.94	55.05	59.57	57.95	1:04.88
100 Freestyle	46.36	49.15	48.10	50.69	49.37	52.57	50.73	56.48
500 Freestyle	4:35.79	4:53.07	4:42.55	5:10.56	4:59.93	5:32.47	5:21.89	6:14.79
200 Freestyle Relay	1:26.35		1:29.91	1:35.97	1:32.92	1:38.77	1:40.70	1:48.62
100 Backstroke	51.87	56.45	54.16	59.23	55.34	1:03.40	1:03.15	1:10.80
100 Breaststroke	57.44	1:01.64	58.87	1:03.32	1:00.25	1:06.84	1:08.47	1:15.48
400 Freestyle Relay	3:11.37		3:18.39	3:32.10	3:26.21	3:42.49	3:47.12	4:07.04

2025 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	1:47.44		1:53.84	2:02.71	2:00.95	2:08.57	2:12.34	2:25.10
200 Freestyle	1:50.92	1:58.84	1:56.67	2:07.03	2:01.73	2:14.59	2:15.12	2:30.01
200 Individual Medley	2:07.34	2:17.53	2:11.23	2:24.00	2:17.82	2:33.93	2:30.29	2:50.22
50 Freestyle	23.86	25.50	25.08	26.44	25.59	27.27	26.94	29.38
100 Butterfly	56.02	1:01.77	58.64	1:03.87	1:02.09	1:09.50	1:10.38	1:19.47
100 Freestyle	51.97	55.07	54.95	58.04	56.20	1:00.53	59.85	1:07.16
500 Freestyle	4:58.40	5:24.70	5:19.16	5:50.54	5:20.14	6:05.71	6:00.70	6:48.83
200 Freestyle Relay	1:38.37		1:44.25	1:51.07	1:47.65	1:54.18	1:56.67	2:05.85
100 Backstroke	57.24	1:03.30	59.87	1:06.46	1:03.56	1:11.52	1:11.30	1:18.86
100 Breaststroke	1:04.87	1:10.84	1:07.82	1:12.99	1:12.16	1:19.22	1:17.66	1:25.86
400 Freestyle Relay	3:32.35		3:45.28	3:59.80	3:56.77	4:14.96	4:25.31	4:55.41

Swimmers who wish to qualify for the 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 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 1/9/25

2025 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 “Qualifying 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.

2025 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	300	22.5	19.5
DIVISION 2	275	21.5	18.9
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.”

2025 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	300	22.5	20.5
DIVISION 2	275	21.5	19.0
DIVISION 3	275	20.5	18.0
DIVISION 4	275	20.5	18.0

Updated 1/9/25

For the 2025 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 22 – March 1	forward group
March 2 – 8	back group
March 9 – 15	inward group
March 16 – 22	twisting group
March 23 – 29	reverse group
March 30 – April 5	forward group
April 6 – April 12	back group
April 13 – 19	inward group
April 20 – 26	twisting group
April 27 – May 3	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 one 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 COACHEJECTION - 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 - 2024-25

By on May 09, 2024

[swimming & diving](#)

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4-1-4: Removes the word “clerical” from the description of the official’s authority over a meet through the completion of any reports that are responsive to actions occurring while the referee has jurisdiction.

Rationale: The referee will do what is necessary to ensure meet outcomes and related details are appropriate and accurate. The authority of the referee in this context is broad and is not limited to clerical authority only.

4-2-2e: Removes language that permits an announcement of a disqualification on the basis of a Rule 3-2-2 violation to be made by the public address announcer if the coach cannot be located.

Rationale: This change in language brings Rule 4-4-2e in line with notification protocols when violations of Rule 3-3-2 are detected. When the violation involves improper suit coverage, a public announcement is not appropriate.

2024-25 SWIMMING AND DIVING EDITORIAL CHANGES

2-7-5 PENALTY, 3-2-2, 3-2-3, 3-3 NOTE, 3-6-1f, 4-1-8, 4-2-2, 5-1-3, 6-4-1b (2), 8-1-1, 8-1-2, 9-3-4, 9-4, APPENDIX A, APPENDIX B, APPENDIX C

2024-25 SWIMMING AND DIVING POINTS OF EMPHASIS

1. Athlete Well-Being
2. Electronic Devices
3. Risk Minimization – Backstroke Ledges

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.



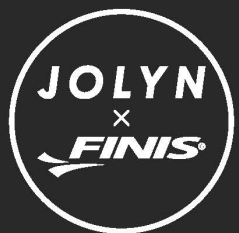
National Interscholastic Swimming Coaches Association 2024 - 2025 NISCA Swimming All-America

Yard Time Standards

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

<i>Boys</i>		<i>High School</i>	<i>Girls</i>	
<u>All-America</u>	<u>Consideration</u>	<u>Event in Yards</u>	<u>Consideration</u>	<u>All-America</u>
1:32.38	1:34.11	200 Medley Relay	1:46.22	1:44.31
1:38.21	1:39.81	200 Freestyle	1:50.65	1:48.79
1:49.14	1:51.34	200 Individual Medley	2:04.11	2:01.38
:20.41	:20.80	50 Freestyle	:23.54	:23.08
:48.38	:49.53	100 Butterfly	:55.58	:54.32
:44.72	:45.56	100 Freestyle	:50.99	:50.16
4:28.60	4:32.95	500 Freestyle	4:58.35	4:53.16
1:24.15	1:25.57	200 Freestyle Relay	1:37.15	1:35.48
:48.94	:50.13	100 Backstroke	:55.91	:54.69
:55.22	:56.46	100 Breaststroke	1:03.85	1:02.53
3:05.17	3:08.08	400 Freestyle Relay	3:31.16	3:27.68

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



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Week 1	Morning 8 a.m. Local Time	Afternoon 12 p.m. Local Time
Monday, May 5, 2025	1. Biology 2. Latin	3. European History 4. Microeconomics
Tuesday, May 6, 2025	5. Chemistry 6. Human Geography	7. United States Government and Politics 8.
Wednesday, May 7, 2025	9. English Literature and Composition 10.	11. Comparative Government and Politics 12. Computer Science A
Thursday, May 8, 2025	13. African American Studies 14. Statistics	15. Japanese Language and Culture 16. World History: Modern
Friday, May 9, 2025	17. Italian Language and Culture 18. United States History	19. Chinese Language and Culture 20. Macroeconomics
Art and Design: Friday, May 9, 2025 (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
Monday, May 12, 2025	21. Calculus AB 22. Calculus BC	23. Music Theory 24. Seminar
Tuesday, May 13, 2025	25. French Language and Culture 26. Precalculus	27. Environmental Science 28. Physics 2: Algebra-Based
Wednesday, May 14, 2025	29. English Language and Composition 30. German Language and Culture	31. Physics C: Mechanics 32.
Thursday, May 15, 2025	33. Art History 34. Spanish Language and Culture	35. Computer Science Principles 36. Physics C: Electricity and Magnetism
Friday, May 16, 2025	37. Physics 1: Algebra-Based 38. Spanish Literature and Culture 39.	40. Psychology 41.

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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