CIF SOUTHERN SECTION | SWIM & DIVE



SEASON PREVIEW

2025-2026



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TO: CIFSS ATHLETIC DIRECTORS, SWIMMING/DIVING COACHES

FROM: KRISTINE PALLE, ASSISTANT COMMISSIONER

SUBJECT: 2026 CIF SOUTHERN SECTION SWIMMING/DIVING SEASON

DATE: JANUARY 2026 (Updated 1/16/2026)

WELCOME TO THE 2026 SWIMMING/DIVING SEASON!

The CIFSS Office continues to compile a preview booklet for each sport, with the hope that the overall content will be informative and serve as a meaningful reference point. We feel the contents of this bulletin will answer many questions and be helpful throughout the upcoming season.

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The Swimming & Diving rulebooks were mailed to your school in November.

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

Select Governance tab, Sanctioned Events

10932 Pine Street
Los Alamitos, California 90720

562-493-9500
www.cifss.org

Date: January 2026

To: Southern Section Principals & Athletic Directors

From: Mike West, CIF Southern Commissioner of Athletics

Subject: Aquatics Legislation

Please be aware of the Health and Safety Code Section 116033, which reads as follows:

> "Except as provided in subdivision (b), 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 current certificates from an American Red Cross or YMCA of the U.S.A. lifeguard training program, or have equivalent qualifications, as determined by the department. In addition, these persons shall be certified in standard first aid and cardiopulmonary resuscitation (CPR). All 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:
>
> (1) When one or more aquatic instructors possessing the current certificates from an American Red Cross or YMCA of the U.S.A. lifeguard training program, or the equivalent, are in attendance continuously during periods of aquatic instruction.
>
> (2) When one or more lifeguards meeting the requirements of Section 116028 are in attendance continuously during periods of aquatic instruction."

It is strongly recommended that all coaches enroll in the American Red Cross Lifeguard Training in California course (or equivalent as determined by the employing school district or school board). Designed to help coaches recognize and respond to medical emergencies that may occur in, on, or near the water, the lifeguard training program helps certified lifeguards provide care until medical professionals arrive and may even help save a life. After completing this lifeguard training in California, the certification is valid for two years. To maintain their credentials, certified lifeguards must complete the recertification process before or within 30 days of their certification expiration date.

SWIMMING/DIVING CALENDAR DATES FOR 2026

The following is a capsule of the CIFSS Swimming/Diving Calendar for the upcoming season:

FIRST CONTEST
The initial date on which a school may schedule an interscholastic contest is Saturday, February 21, 2026.

LAST CONTEST
All league competitions must end on or before Monday, April 27, 2026, for Diving and Friday, May 1, 2026, for Swimming.

CIF SOUTHERN SECTION SWIMMING & DIVING FORD CHAMPIONSHIPS

SWIMMING @ Mt. San Antonio College

Division	Prelims
1	Thur., May 7th; 9:00 a.m.
2	Wed., May 6th; 4:00 p.m.
3	Wed., May 6th; 9:00 a.m.
4	Tues., May 5th; 9:00 a.m.

Division	Finals
1	Sat., May 9th; 10:00 a.m.
2	Fri., May 8th; 3:00 p.m.
3	Fri., May 8th; 10:00 a.m.
4	Thur., May 7th; 4:00 p.m.

DIVING @ Marguerite Aquatics Center

Divisions	Competition
TBD based on entries	Wed.-Thur., April 29-30

State Diving Qualifying @ Mt. San Antonio College
Tuesday, May 5th, 2026
(following the swimming 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.

YOU MUST CONFIRM PARTICIPATION IN THE STATE QUALIFIER GIVEN THE LINK THAT WILL BE EMAILED TO THE HEAD COACH AND ATHLETIC DIRECTORS ON OR BEFORE FRIDAY, MAY 1ST. WITHOUT CONFIRMATION VIA THE PROVIDED LINK, THE SECTION WILL REACH OUT TO THE NEXT QUALIFIED ATHLETE TO FILL THE SPOT.

CIF STATE SWIMMING & DIVING CHAMPIONSHIPS

@ Clovis Olympic Swim Complex, Clovis West HS
May 14-16, 2026

THE BEST USE THE BEST

GATORADE



CIFSS SWIMMING & DIVING ADVISORY COMMITTEES

The CIFSS continues to use advisory committees for virtually all 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 CIFSS office

If you have any suggestions or questions, please use this channel to share them with a committee member. We will be meeting on a regular basis during the current swimming season and your items will become part of our agenda.

CONTACT	SCHOOL	EMAIL
Steve Bergen	**Mayfield**	steven.bergen@mayfieldsenior.org
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GUIDELINES FOR SUBMITTING 2026 VERIFICATION CARDS

"CIFSS qualifying swimming times must be achieved using a fully automatic timing system."
You can download/ print verification cards for the 2026 season from the Swimming & Diving page at www.cifss.org. These are the ONLY cards accepted for entry into the championships. Coaches MUST complete the cards accurately and completely to be accepted for the 2026 preliminary meet.

In the VERIFICATION section of the card, all fields must be completed. It is essential that the card be verified by officials/or the meet manager and the coach, and that their signatures be obtained.

The CIFSS will not be responsible for swimmers disqualified from competition due to errors, missing information, missing signatures, or incomplete cards.

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

Coaches are reminded that a swimmer may qualify for CIFSS championship swim meets if he/she equals or betters the time standard IN ANY CIF-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 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 **a completed qualifying diving score sheet** (no card required) must be properly signed and 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; however, it will not count as an entry unless the competitor actually competes. Any of these eight individuals may swim in finals provided he/she does not exceed the permitted entries for the meet. Only the four swimmers declared on the event entry card, which shall be submitted at a specified time and place before 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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2026 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	1:48.21	2:00.01	1:53.34	2:05.74	2:00.44	2:08.97	2:10.81	2:24.52
200 Freestyle	1:51.45	2:00.43	1:57.77	2:07.59	1:57.86	2:12.88	2:04.35	2:24.92
200 Individual Medley	2:05.62	2:17.90	2:13.12	2:25.31	2:17.18	2:33.69	2:27.51	2:48.71
50 Freestyle	23.94	25.41	24.77	26.21	25.91	27.61	27.06	29.96
100 Butterfly	56.46	1:01.23	58.57	1:05.16	1:00.97	1:09.89	1:07.05	1:21.52
100 Freestyle	52.26	55.37	53.86	57.44	54.41	1:00.10	58.10	1:05.42
500 Freestyle	5:04.90	5:32.05	5:21.61	5:45.80	5:17.61	6:02.88	5:43.27	6:46.82
200 Freestyle Relay	1:38.84	1:48.84	1:42.63	1:50.46	1:47.76	1:53.79	1:55.10	2:07.25
100 Backstroke	57.77	1:03.23	1:00.34	1:06.42	1:03.57	1:10.73	1:06.68	1:17.41
100 Breaststroke	1:04.98	1:11.76	1:07.55	1:12.64	1:10.56	1:20.44	1:15.59	1:28.10
400 Freestyle Relay	3:33.85	3:43.85	3:46.09	4:06.34	3:58.71	4:28.23	4:19.59	4:50.23

2026 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	1:35.54	1:45.54	1:39.59	1:46.04	1:42.92	1:50.48	1:52.15	1:59.55
200 Freestyle	1:41.78	1:47.09	1:45.07	1:52.40	1:46.92	1:56.32	1:55.36	2:08.79
200 Individual Medley	1:53.55	2:01.20	1:57.91	2:05.79	2:00.47	2:15.61	2:12.93	2:32.11
50 Freestyle	21.35	22.45	21.88	22.98	22.46	23.74	23.49	24.78
100 Butterfly	50.17	53.81	52.24	55.84	54.28	58.78	56.30	1:05.13
100 Freestyle	46.92	48.78	48.59	50.43	49.32	52.38	52.43	55.94
500 Freestyle	4:39.33	4:57.16	4:49.33	5:07.36	4:52.63	5:26.27	5:11.50	6:01.31
200 Freestyle Relay	1:26.34	1:36.34	1:29.91	1:35.95	1:31.96	1:39.61	1:38.49	1:46.75
100 Backstroke	51.83	55.85	52.50	58.61	56.49	1:02.30	1:02.05	1:08.68
100 Breaststroke	57.25	1:01.45	58.68	1:03.41	1:01.09	1:06.77	1:05.02	1:12.08
400 Freestyle Relay	3:11.21	3:31.21	3:16.97	3:30.82	3:25.59	3:40.46	3:42.48	4:06.68

Swimmers who wish to qualify for the CIF Southern Section Swimming Championships must have equaled or bettered the above time standards in any CIFSS-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 the 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 1/16/26**

2026 GIRLS' AND BOYS' 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'. 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…A diver may submit one 11-DIVE Contest Sheet for CONSIDERATION that meets both the D.D. and Score requirements from an 11-dive contest. Divers in the consideration category will be ranked based on the total D.D. of the submitted list. The 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 permitted for schools with 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. THE STATE CHAMPIONSHIP MEET IN CLOVIS IS AN 11-DIVE, 1M CONTEST, NO 3 M.

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

2026 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	21.5	20.1
DIVISION 2	275	20.5	19.0
DIVISION 3	250	19.4	18.0
DIVISION 4	250	19.4	18.0

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

2026 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	21.5	19.5
DIVISION 2	275	20.5	18.9
DIVISION 3	250	19.4	18.0
DIVISION 4	250	19.4	18.0

Updated 1/16/26

For the 2026 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 on the consideration standards used to fill 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 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 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 individual 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. Typically, the reasons for not offering diving are the lack of a proper facility and/ or a qualified coach. To promote diving throughout the CIF-Southern Section, we encourage all our member schools to provide interested student-athletes the opportunity to compete in this event. If facilities are available, either on-site or off-campus, and a qualified coach can be secured, the CIF Southern Section strongly supports efforts 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 review violations such as balks, incorrect dives, breaks in position, etc.

DUAL MEETS -All Divisions (6 DIVE EVENTS)

A. (National Federation Rule 9-4). "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 21 – 28	forward group
March 1 – 7	back group
March 8 – 14	inward group
March 15 – 21	twisting group
March 22 – 28	reverse group
March 29 – April 4	forward group
April 5 – April 11	back group
April 12 – 18	inward group
April 19 – 25	twisting group
April 26 – May 2	reverse group

B. There must be 3 or 5 diving judges (Rule 9 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-judge score.

INVITATIONAL OR LEAGUE CHAMPIONSHIPS

A. Eleven (11) dives – five voluntary, six optional, Rule 9, 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 CIFSS 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 3510 states that an individual must participate in at least 1/2 of the number of allowable contests permitted in a particular sport. Since the permissible 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."

CIFSS 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 competitions in the Southern Section will be conducted under National Federation rules unless otherwise provided herein.

MAXIMUM TEAM CONTESTS
A swimming team may compete in no more than 14 meets total during the season (including dual, triangular, 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 included in 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 severity, should be reported to ensure accurate records in case further problems arise. 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 attends 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 CIFSS office within 24 hours (excluding holidays and weekends). The competing schools and officials will be required to file written reports. After reviewing the material, the principal of the school involved will be required to respond to the CIF Southern Section Office regarding their investigation of the incident.

QUESTION: How serious is such action?

ANSWER: It has been the position of the CIFSS 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 or more lanes (open lanes count toward the 8), 2 officials are required for CIF time-standard verification. If 2 officials cannot be obtained, the 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 is 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 the ELEVEN (11) dive program: 1-6 divers = $85.00, for each additional diver, add $3.00

Swimming and Diving Rules Changes - 2025-26

By NFHS on April 23, 2025

swimming & diving

2-1, 2-7-2b, 2-7-3, 8-1-2: Permits the use of backstroke starting ledges if approved with state association adoption, in pools with a minimum of 6 feet (1.84 meters) water depth measured from the starting end through 16 feet 5 inches (5 meters) from the end wall.
Rationale: The permissive nature of the proposal allows for the use of the backstroke ledge in situations where it is both safe and practical. The proposed rule ensures that pools with the required depth can benefit from this technology without creating barriers for those that may not be able to accommodate the equipment.

8-3-4a: Clarifies the foot placement for relay participants starting from the deck. One foot must be positioned at the edge of the deck, and ancillary movement of the back foot is permitted, prior to the start.
Rationale: The rule provision prohibits swimmers using deck starts from performing a running start.

2025-26 SWIMMING AND DIVING EDITORIAL CHANGES

2-7-7 PENALTY, 3-3-3 PENALTIES, 3-3-3a, 3-3-3b, 3-3-4 PENALTIES, 6-3-3, 8-2-1e, 9-7-2, State Association Adoption Chart

2025-26 SWIMMING AND DIVING POINTS OF EMPHASIS

1. Backstroke Ledge Education

2. Viability of High School Diving and Importance of Education

SUPERVISION OF ATHLETES

ALL Athletes must have a certified supervisor in order to compete

The Southern Section Office has experienced a persistent issue regarding proper supervision and the entry of student-athletes into the postseason 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 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 STANDS 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 attorneys, 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
2025 – 2026 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**
1:32.13	1:33.91	**200 Medley Relay**	1:46.22	1:44.15
1:37.93	1:39.57	**200 Freestyle**	1:50.65	1:48.81
1:48.96	1:50.99	**200 Individual Medley**	2:03.99	2:01.47
:20.38	:20.74	**50 Freestyle**	:23.48	:23.06
:48.38	:49.37	**100 Butterfly**	:55.44	:54.29
:44.69	:45.41	**100 Freestyle**	:50.99	:50.13
4:27.94	4:32.84	**500 Freestyle**	4:58.10	4:53.01
1:24.02	1:25.36	**200 Freestyle Relay**	1:37.13	1:35.48
:48.90	:50.07	**100 Backstroke**	:55.91	:54.71
:55.04	:56.27	**100 Breaststroke**	1:03.75	1:02.52
3:04.70	3:07.61	**400 Freestyle Relay**	3:31.16	3:27.78

Back to All-America

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

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24 26



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START TODAY

Week 1	Morning 8 a.m. Local Time	Afternoon 12 p.m. Local Time
Monday, May 4, 2026	Biology Latin	European History Microeconomics
Tuesday, May 5, 2026	Chemistry Human Geography	United States Government and Politics
Wednesday, May 6, 2026	English Literature and Composition	Comparative Government and Politics Physics 1: Algebra-Based
Thursday, May 7, 2026	Physics 2: Algebra-Based World History: Modern	African American Studies Statistics
Friday, May 8, 2026	Italian Language and Culture United States History	Chinese Language and Culture Macroeconomics
Art and Design: Friday, May 8, 2026 (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 11, 2026	Calculus AB Calculus BC	Music Theory Seminar
Tuesday, May 12, 2026	French Language and Culture Precalculus	Japanese Language and Culture Psychology
Wednesday, May 13, 2026	English Language and Composition German Language and Culture	Physics C: Mechanics Spanish Literature and Culture
Thursday, May 14, 2026	Art History Spanish Language and Culture	Computer Science Principles Physics C: Electricity and Magnetism
Friday, May 15, 2026	Environmental Science	Computer Science A

Late Testing

Occasionally, circumstances require students to test late. To preserve the security of AP Exams, alternate versions 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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