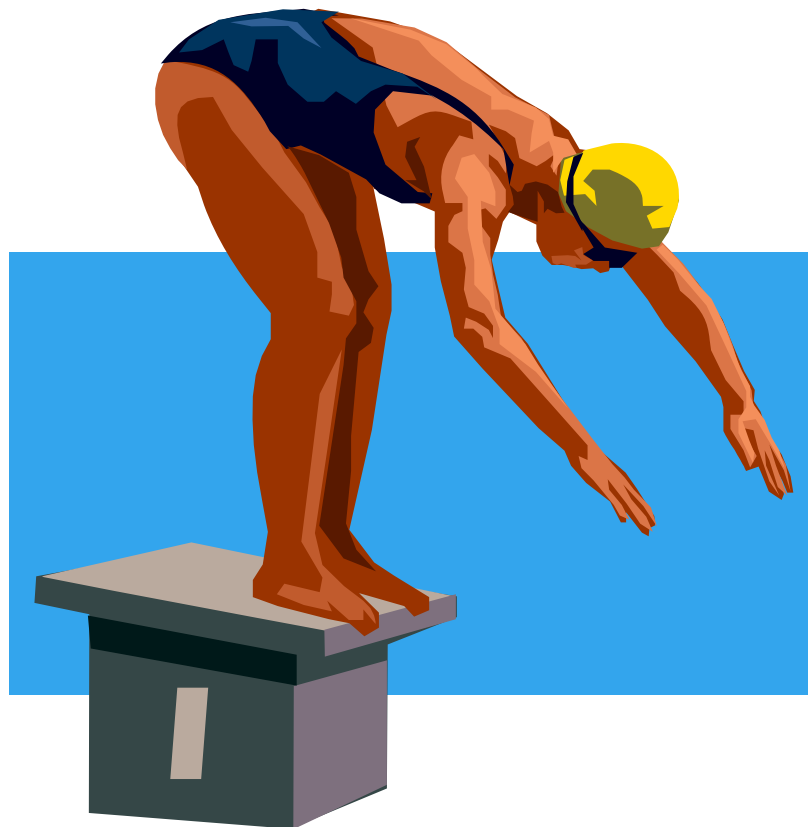




Section One
Girls' Swimming
Booklet
2013



Section One

Girls' Swimming Calendar

2013

First Practice permitted August 19, 2013 for all Conferences.

First Scrimmage permitted after 12 Practice days for Team - 10 days for Individual

First Meet permitted after 12 Practice days for Team-10 days for Individual – Sept. 13

Minimum Number of Contests To be eligible for sectional, intersectional or state competition, a team must have completed in six (6) school scheduled contests which occurred on six (6) different dates during the season.

Team Sports: An individual is eligible for the team if he/she has been an eligible participant on a team in that sport in that school for a minimum of six (6) scheduled contests during the regular season. For football, a student must be an eligible participant for a minimum of three (3) contests.

Team/Individual and Individual Sports: An individual must also have represented their school in six (6) scheduled contests during the season to be eligible. These required contests must occur on six (6) different dates and must be conducted prior to the conclusion {NYSPHSAA Handbook, pg 104, #25 a}

Maximum # of Contests – 16 Per Individual

Round	Date	Site	Time
<u>Conference Tournament</u>			
Conference Diving	10/25	PACE University	5:30pm
Conference Swimming	10/26		
Conference 1: Beacon		Times TBD by site host	
Conference 2: White Plains			
Conference 3: Fox Lane	Mt. Kisco Girls & Boys Club		PM Meet
Conference 4: North Rockland			

Section One Tournament Finals

Individual/Relay Trials	11/4	Felix Festa MS	
Diving – ALL	11/5	PACE University	5:30pm
Individual and Relay Finals	11/6	Felix Festa MS	
Blizzard/Rain out date	11/7		

All Sectional Meets have a 4:00 p.m. warm-up and 5:30 p.m. start

State Championships

Travel Day & Practice	11/21	Ithaca College	
Trials – Diving and Swimming	11/22	Ithaca College	
Finals –Diving and Swimming	11/23		
Travel Home – Meet completion	11/23	Approx. 3:30 pm with arrival in Westchester County around 11pm	

Coaches Meetings

Pre-Season Meeting	9/3	John Jay HS	7:00pm
Seeding On Line	10/27 and Closes 11/1, 8PM SHARP		
Executive Committee Meeting	March 2014	TBA	TBA
Westchester Officials	9/10	White Plains HS	3:30pm
Relay Carnival	9/9	White Plains HS	TBA

Section One tournament times and sites are tentative.

The Sports Committee will finalize the tournament at the Seeding Meeting.

REMINDER: Athletic Directors should make bus reservations well in advance of regional and state play.



Section One

***DUTCHESS COUNTY
PUTNAM COUNTY
ROCKLAND COUNTY
WESTCHESTER COUNTY***

INTRODUCTION

Interscholastic Athletics is an inherent part of the total education program for students in the secondary schools of Dutchess, Putnam, Rockland and Westchester Counties. Our athletic programs will be properly organized, administered, and conducted, to provide opportunities for students to participate in athletic activities which ensure the health and safety of the athletes and spectators, promote growth and development, teach social and recreational skills, and develop leadership qualities. These values are more rapidly attained when the program is founded upon the highest standards and ethical practices developed and adhered to by all member schools.

This handbook sets forth the policies and practices for participation in Section One post-season competition. It is designed to inform and update all coaches, athletic directors, principals and superintendents of the procedures set forth by the NYSPHSAA and the National Federation. These procedures and policies apply to all schools participating in post-season competition beginning with Sectional play and continuing through the State Tournament. Although dates may change from year to year, most information will remain constant.



Section One
GIRLS' SWIMMING HANDBOOK
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*******APPENDICES*******

School Commitment Form / Team Roster
Diving-Group of the Week / Swimming Entry Form
Team of One Verification Form / Diving Order Sheet
NFHS 2013 Rules Changes

Section One Girls' Swimming 2013

Sports Committee Members

Chairperson: Meg Kaplan

Co-Chairperson: Karen Peterson

Address: PO Box 53
15 Howe Street
South Salem, NY 10590

Address: Bronxville High School
177 Pondfield Road
Bronxville, NY 10708-4822

Phone: (Day) (914) 631-240 X304
(Eve) (914) 763-8860

Phone: (Day) (914) 395-0500

(e-mail) camelot93@optonline.net

Committee Members:

Conference I	Athletic Director	TBD
Conference II	Athletic Director	TBD
Conference III	Athletic Director	TBD
Conference IV	Athletic Director	Liam Frawley, Tappan Zee High School

Conference I	Coaches Rep	Ron Terwilliger, Arlington High School
Conference II	Coaches Rep	Patti Gilmartin, White Plains High School
Conference III	Coaches Rep	Carolyn Johnson, Fox Lane High School
Conference IV	Coaches Rep	Kirk Skoglund, Suffern High School

Other Members:

At Large: Clare Carr
Paul McClintock

Official Association Reps:

Frank Pandolfo, Westchester/Putnam
Margaret Stead, Boys' & Girls', Rockland
Doug Olympia, Boys' & Girls', Dutchess

Coaches Association:

Meg Kaplan, Westchester/Putnam/Rockland/Dutchess

CLASSIFICATION

Section One tournaments will be divided into groupings based upon the present New York State classifications. A school may not request to move up in class just for sectional competition. In the event of a two-year realignment or longer, a school forced to move up or down in classification as a result of a change in BEDS enrollment will not be penalized. Their school's winning percentage will be used to determine qualification for sectionals.

2013-2014 SPORT CLASSIFICATIONS FOR SECTIONAL AND STATE PLAY

This is the Classification structure for all sports as approved by the NYSPHSAA, Inc. and member Sections. If the enrollments for Classification are adjusted in the NYSPHSAA, Inc., the placement enrollment figures will be adjusted to mirror the State Placement Parameters.

<u>Team Sports</u>		
<u>5 Classes</u>	<u>3 Classes</u>	<u>2 Classes</u>
AA 910-up	A 915-up	A 1000-up
A 480-909	B 914-450	B 999-below
B 280-479	C 0-449	
C 170-279		Boys' Volleyball
D 169-below	Field Hockey	
Boys' Soccer		
Girls' Soccer		
Boys' Basketball		
Girls' Basketball		
Softball		
Baseball		

<u>Classification Variations</u>				
<u>Football</u>	<u>Boys' Lacrosse</u>	<u>Girls' Lacrosse</u>	<u>Cross Country</u>	<u>Girls' Volleyball</u>
AA 1000 +	A 1000 +	A 1050 +	A 911-up	AA 1040 +
A 600-999	B 590-999	B 650-1049	B 470-910	A 690-1039
B 400-599	C 589-below	C 649-below	C 260-469	B 436-689
C 260-399			D 259-below	C 256-435
D 259-below	<u>Winter Track</u>	<u>Ice Hockey</u>		D 255-below
	A 800 +	1100 +		
	B 400-799	1099-below	<u>Boys' Volleyball</u>	
	C 399-below		A 1000 +	
			B 999-below	

<u>Individual Sports</u>	
<u>2 Classes</u>	<u>1 Class</u>
Division I 600-up	Bowling
Division II 0-599	Golf
	Gymnastics
Wrestling	Riflery
Outdoor Track & Field	Skiing
	Boys' Tennis
	Girls' Tennis
	Winter Track
	Girls' Swimming
	Boys' Swimming

**New York State
Public High School Athletic Association
BEDS Numbers
2013-2014**

New Rochelle	2636	Pelham	644
Arlington	2537	Pearl River	617
North Rockland	1946	Hendrick Hudson	609
Mt. Vernon	1882	Early College-Roosevelt	566
John Jay – East Fishkill	1636	Nanuet	538
White Plains	1608	Ardsley	498
Roy C. Ketcham	1423	Our Lady of Lourdes	489
Mahopac	1247	Edgemont	482
Suffern	1142	Putnam Valley	473
Clarkstown North	1131	Irvington	445
Scarsdale	1129	Westlake	435
Clarkstown South	1128	Pleasantville	428
Mamaroneck	1093	Briarcliff	425
Carmel	1091	Croton Harmon	403
Ramapo	1053	Albertus Magnus	397
Fox Lane	1040	Hastings	396
Horace Greeley	970	Woodlands	382
Port Chester	960	Bronxville	371
* Ursuline	958	Blind Brook	348
Ossining	956	Valhalla	347
Spring Valley	934	Dobbs Ferry	333
Saunders	903	Pawling	331
John Jay – Cross River	898	Yonkers Montessori	326
Brewster	897	Rye Neck	314
Yonkers	882	Palisades Prep	292
Yorktown	882	North Salem	289
* Lincoln	875	Haldane	237
Poughkeepsie	872	Hawthorne Cedar-Knolls	229
Tappan Zee	851	Keio	226
Gorton	836	Tuckahoe	217
Lakeland	819	Solomon Schechter	214
Walter Panas	819	Alexander Hamilton	202
Somers	813	Children’s Village	178
Beacon	796	Martin Luther King	175
Harrison	750	Biondi/Leake & Watts	150
Riverside	715	Greenburgh/NC Yonkers	78
Nyack	712	Clark Academy	38
Eastchester	692		
Peekskill	679		
Byram Hills	674		
Sleepy Hollow	667		
Rye	665		

* Ursuline’s enrollment is multiplied by 2 – all girls’ school

* Lincoln Hall’s enrollment is multiplied by 2 – all boys’ school

OFFICIALS

SWBOCES will assign officials for **ALL** Section One contests in cooperation with individual sports Chairpersons.

HOW TO QUALIFY FOR SECTIONAL CHAMPIONSHIPS

Championship Trials will be the fastest 32 competitors per event. If the number of qualified competitors exceeds 32, then additional swimmers will be added to complete the heat. If the number of qualified competitors falls below 32, additional swimmers with the next fastest time will be added until the field reaches a total of 32. A coach is able to enter a swimmer/diver into Sectional Championships. All completed forms are to be faxed to the SW BOCES Section I office by 11/1/2013, online seeding opens on October 27, 2013. Entries close 11/1 at 8pm. If you have not entered by that time, you will not be participating.

An individual is able to qualify for Sectional Championships via a Time Standard (See attached, which is the averaged time of 16th place over the past 5 (five) years from Section One Championships) and that individual must have participated in a minimum of 6 (six) meets during the regular season to be eligible for Section Championships. The time standard must have been achieved during the high school season. You cannot be entered with a USA time. Each school may enter a maximum of 4 (four) swimmers/divers in each event, not to exceed the limit of 2 (two) relays/2 (two) individual events or 3 (three) relays/1 (one) individual event per person. Please keep in mind that State Championships is no longer a continuation of Sectional Championships, so you must declare your entries by the conclusion of Sectional Finals.

A school is able to enter 1 relay team (4 swimmers) per relay event no matter what the seed time is, **allowing each school participating in Section One Swimming representation at the Championships in at least 3 events.** (200 Medley Relay, 200 Freestyle Relay and 400 Freestyle Relay).

Championship Finals will be the top 16 competitors and places 9 – 16 in the Consolation Finals and places 1 – 8 in the Finals. A swimmer in Consolations may not qualify/finish any higher than 9th place and a swimmer in Finals may qualify/finish no lower than 8th place.

HOW TO QUALIFY FOR STATE CHAMPIONSHIPS

An individual is able to automatically qualify for State Championships by finishing first in their respective event, or by the attached in-season qualifying requirements.

Section One Swimming and Diving

Jennifer Simmons – Section 1 Executive Director - jsimmons@swboces.org
Meg Kaplan – Section 1 Swimming and Diving Coordinator – camelot93@optonline.net
Karen Peterson – Section 1 Swimming and Diving Athletic Director Coordinator – Bronxville HS

In-Season Qualifying Requirements

1. All Schools are REQUIRED to participate in the Section One website which can be located at www.Section1swim.com. The Section will pay the fee for all 2013 – 2014 teams. Therefore there is no direct cost to your school or yourself personally. All team information which includes your school name, the head coach, assistance coach, team mascot is due to John Coombs at john@computeraide.com by August 15 earlier would be preferred. Your final team roster is due to him with the full name of your swimmer/diver and their year in school by September 6th; i.e., Ann E. Smith no nick names such as Annie Smith.
2. All schools must provide a representative head coach, assistant coach or athletic director to attend the Joint Mandatory coaches meeting on September 3, 2013 at 7:00PM at John Jay Cross River. If a school is NOT represented, then they are INELIGIBLE to participate in In-Season Qualifying for the 2013 – 2014 school year.
3. Meet results must be put into the Section 1 website within 24 hours of the meet start. Results are time stamped and if put in later than 24 hours, it will be flagged and any time which met the standard for in-season qualification will be nullified.
4. If FAT is not available, the use of 3 hand-held watches will be allowed. 1 watch will come from the lane timer, and 1 watch each from the home and visiting team (person to be determined by coach and cannot be a team member). For timing purposes during the meets, there should be a single timer behind each lane, even when FAT is available. Home school should be placed on visitors lanes and visitors should be placed on home lanes.
5. A swimmer can qualify for the 50 free and 100 free through swimming the lead off leg of the 200 Free or 400 Free relay IF all requirements of the start, stroke and finish are legal. Also, IF the relay team is disqualified, as long as it was not the lead off leg of the relay, then the time stands as valid.
6. The NYSPHSAA Protocol for Athletes to qualify must also be met for athlete to be eligible for participation in the NYSPHSAA Meet without exception.

**PROTOCOL FOR ATHLETES TO QUALIFY FOR THE
STATE SWIMMING AND DIVING CHAMPIONSHIPS**

1. Swimmers will have the opportunity to qualify for the NYSPHSAA/NYS Federation Championship Meet if they meet the event qualifying standard during the regular season.
2. Swimmers who have qualified for the NYSPHSAA/NYS Federation Championship Meet are required to participate in their respective Sectional Championship Meet. Swimmers are not required to swim the event(s) in which they have met the qualifying standard. If circumstances out of the swimmer's control, such as injury or illness, prohibited participation in the Sectional Championship Meet, the school may appeal to the Section.
3. The Section champion in each event will represent the Section in the NYSPHSAA/NYS Federation Championship Meet. If the champion chooses not to attend the State Meet, the Section may replace the swimmer with the 2nd place finisher only if no other swimmer met the qualifying standard for that event.
4. FAT Timing (Fully Automatic Timing) or three (3) handheld watches must be used for the time to meet the qualifying standard. Divers must be scored by NFHS certified officials.

**SECTION ONE GIRLS' SWIMMING AND DIVING
2013 SECTIONAL QUALIFYING TIMES**

200 MEDLEY RELAY	<i>ONE ENTRY PER TEAM</i>
200 FREESTYLE	2:06.73
200 INDIVIDUAL MEDLEY	2:21.73
50 FREESTYLE	:26.40
DIVING	160 POINTS (3 JUDGES)***
100 BUTTERFLY	1:03.17
100 FREESTYLE	:58.22
500 FREESTYLE	5:36.03
200 FREESTYLE RELAY	<i>ONE ENTRY PER TEAM</i>
100 BACKSTROKE	1:04.76
100 BREASTSTROKE	1:14.22
400 FREESTYLE RELAY	<i>ONE ENTRY PER TEAM</i>

**2013 SECTION ONE GIRLS' SWIMMING AND DIVING
NYSPHSAA CHAMPIONSHIP QUALIFYING STANDARDS**

EVENT	STANDARD
200 MEDLEY RELAY	1:52.35
200 FREESTYLE	1:57.24
200 IM	2:12.84
50 FREESTYLE	24.84
1 METER DIVING	409.55
100 BUTTERFLY	1:00.02
100 FREESTYLE	54.36
500 FREESTYLE	5:14.65
200 FREESTYLE RELAY	1:41.69
100 BACKSTROKE	1:00.42
100 BREASTSTROKE	1:08.60
400 FREE RELAY	3:42.73

**NEW YORK STATE PUBLIC HIGH SCHOOL
ATHLETIC ASSOCIATION, INC.
SPORTSMANSHIP**

The Association recognizes and appreciates that the influence and responsibility of the school administration with regard to good sportsmanship extends to all levels of competition. However, it must also be seen that the NYSPHSAA has been vested with the responsibility to ensure that all contests under its jurisdiction are conducted satisfactorily. This standard applies to all regular season and post schedule play.

a) Coach

2. Any coach disqualified by a sport official from an interschool competition for unsportsmanlike conduct, including taunting, is ineligible to coach any interschool competition in that sport until after the next previously scheduled contest at the same level (e.g. junior varsity, varsity, etc.) has been completed. In individual sports, a multi-day contest is considered to be a contest. Disqualification from one season carries over to the next season of participation. The coach may not be present at the game site nor communicate in any manner during the contest with any person present at the site. **NOTE:** “Not being physically present at the site” means the disqualified coach is not to be present in the locker room, on the sidelines, in the stands or site area before, during or after the game/meet.

Any coach:

- Who receives a disqualification penalty in a sport shall not participate in the next regularly scheduled contest; “Any coach that does not serve the penalty for violating the sportsmanship standard will be ineligible to participate in the next two regularly scheduled contests. If the coach continues to not serve the penalty, the matter will be referred to the Section for further action. If the coach is involved in the NYSPHSAA play-offs, the matter will be referred to the Executive Director of the NYSPHSAA”.
 - Who receives a second disqualification penalty in the same sport in the same season shall not participate in the next two regularly scheduled contests; and
 - Who receives a third disqualification penalty in the same sport in the same season will not be allowed to participate for the rest of the season. If the third ejection takes place in the last contest of the season (regular season or post schedule play), the Section Athletic Council will assess the penalty carrying over into the next season of participation.
2. A coach who strikes, shoves, kicks or makes other physical contact with the intent to annoy, harass or intimidate another person (e.g. official, another coach, player, fan) shall be expelled immediately and banned from further participation or coaching in all sports for a period of time to be determined by the section not to exceed one year from the date of the offense.

SPORTSMANSHIP (continued)

b) Player

1. Any member of a squad disqualified by a sport official for unsportsmanlike conduct, **including taunting**, or for a flagrant foul shall not participate in that sport in the next previously scheduled contest with a member school or in NYSPHSAA tournament play. In individual sports a multi-day contest is considered to be a contest. The contest in which the athlete was disqualified must count in the total maximum number of contests permitted. Disqualifications from one season carry over to the next season of participation.

Any player:

- Who receives a disqualification penalty in a sport shall not participate in the next regularly scheduled contest;
 - Who receives a second disqualification penalty in the same sport in the same season shall not participate in the next two regularly scheduled contests; and
 - Who receives a third disqualification penalty in the same sport in the same season will not be allowed to participate for the rest of the season. If the third ejection takes place in the last contest of the season (regular season or post schedule play), the Section Athletic Council will assess the penalty carrying over into the next season of participation.
2. Any member of the squad who strikes, shoves, kicks or makes other physical contact with the intent **to annoy, harass or intimidate** an official shall be expelled from the game immediately and banned from further participation in all sports **for a period of time to be determined by the section not to exceed one year from the date of the offense. NOTE:** Member of the squad includes player, manager, score keepers, times, and statisticians.

c) Official

1. Unprofessional conduct on the part of the official such as, but not limited to, taunting, baiting, use of profanity, shall be reported by a school administrator from the aggrieved school to the section executive director. A request will be made to the appropriate sport officials' chapter to investigate the incidence and to report their action to the section in a timely manner.



SECTION ONE
EJECTION AND CARD ACCUMULATION POLICY

1. When an athlete is ejected from a contest, the following action will be enforced:
 - a. First ejection - that player cannot attend or participate in the next scheduled contest.
 - b. Second ejection - that player cannot attend or participate in the next two scheduled games.
 - c. Third ejection - that player cannot attend or participate in any remaining contests including sectionals or any post season games.

Note: The student athlete must serve the penalty enforced during the regular season to be eligible for Sectional play. If a player is ejected from the final game of the season, he/she must sit out the first round of sectionals before he/she is eligible to play. If an athlete/coach is ejected in the final game of the season and participates in a sport during another season, he/she is ineligible to participate in the first scheduled contest. Example: A football player is ejected in his final game and also participates in baseball in the spring. He is ineligible for the first game of the baseball season.



SECTIONAL REPRESENTATION
TO REGIONAL & CHAMPIONSHIP GAMES

Sport	Individual	Team	No. of Participants Team Ind	No. Team Sports	Classes
• FALL					
Tennis-G	X		11		NA
Cross Country-B	X	X	(5)	(7) 12	4
Cross Country-G	X	X	(5)	(7) 12	4
Football		X		40	5
Soccer-B		X		25	5
Soccer-G		X		25	5
Swimming-G	X	X	Ω		NA
Field Hockey		X		25	3
Volleyball - Girls		X		19	5
Volleyball - Boys		X		19	2
• WINTER					
W Track-B	X		52		NA
W Track-G	X		59		NA
Gymnastics-G	X		15		NA
Swimming-B	X		Ω		NA
Bowling-B	X	X	(6)	(8) 14	NA
Bowling-G	X	X	(6)	(8) 14	NA
Skiing-B	X		12		NA
Skiing-G	X		12		NA
Wrestling	X		15		NA
Ice Hockey		X		25	2
Basketball-B		X		16	5
Basketball-G		X		16	5
• SPRING					
Golf	X		14		NA
S Track-B	X		84		2
S Track-G	X		84		2
Tennis-B	X		9		NA
Lacrosse-B		X		30	3
Lacrosse-G		X		30	2
Baseball		X		23	5
Softball		X		23	5

No. of Participants includes players, coaches, statisticians and other personnel.

ΩDetermined by State qualifying times.

POST SECTIONAL GUIDELINES AND PROCEDURES

New York State Code of Conduct:

Students may not participate in post Sectional play without a completely filled out and signed **Code of Conduct** form. These forms are to be collected at the site of each Regional and State level contest. It is recommended to have four (4) completed signed Code of Conduct forms for each athlete.

School District Responsibilities:

Each participating school should keep accurate records and receipts, which should be sent to the Section One Treasurer immediately following the completion of post Sectional play.

Section One does not reimburse any expenses for Regional contests.

Expenses for State Semi-Final contests are reimbursed only if the Semi-Final is played at the same site as the State Final (e.g. Football Semi-Final is held in Kingston. The reimbursement that a participating school would receive is transportation at the rate of \$1.00 per mile.) All transportation is reimbursed according to the State mileage chart.

Section One will provide meals, housing and some allowance for transportation.

The current meal allowance for individuals including gratuities is:

Breakfast	\$ 6.00
Lunch	\$ 7.00
Dinner	\$14.00

Additional expenses are the responsibility of the appropriate school district.

The school district is ultimately responsible for the behavior of its team while participating in post Sectional play.

Teams will be housed in the designated tournament headquarters only. Coaches must check all rooms for damage or misuse before paying the motel bill. The section will not be responsible for telephone or movie charges.

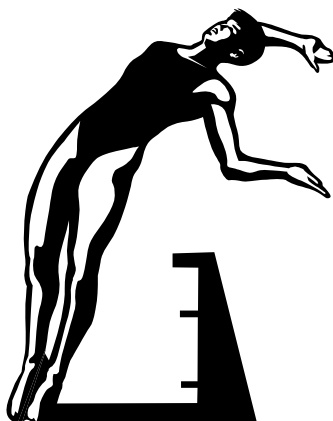
School districts must provide supervision appropriate for the activity. Some important considerations are crowd control, relationship with the opponent, the time of the event and facility limitations. Districts must also have same sex chaperones for teams with coaching staffs of the opposite sex.

Game and practice equipment, scorekeepers, trainers, medical support and other related personnel might not be provided at the Regional level. Athletic Directors are encouraged to contact the host director for instructions regarding game conditions.

SECTION ONE SWIMMING AND DIVING 2013
GUIDELINES FOR CONFERENCE CHAMPIONSHIP MEET
FRIDAY, OCTOBER 25, 2013 AND SATURDAY, OCTOBER 26, 2013

1. ALL Conference Swimming Championship meets will take place on Saturday, October 26, 2013. Warm-up will be determined by each site director with start 1 hour after. Warm-Up times will be at the discretion of each meet director. Sites for 2013 are as follows:

Conference 1 - Beacon
Conference 2 - White Plains
Conference 3 - Fox Lane – Mt. Kisco Boys & Girls Club
Conference 4 - North Rockland
2. There are no cut off times for Conferences. Each team may enter up to four (4) contestants in individual events and one relay team, regardless of times. For All Conferences this is a true Championship meet.
3. Diving will be held on Friday, October 25, 2013 at PACE University (3:00 Warm-up, 5:30 Start). Divers will complete 6 dives as per dual meet format and the required dive for the meet will be from the 100 group (forward).
4. Whether or not to prepare a program will be the decision of each meet director.
5. Seeding for this meet will be completed in advance as per meet director *. Any team entering after the established deadline will not be included in the day's competition.
6. Each meet committee will be responsible for coaches and officials refreshments. Section One nor the Sectional Coordinator is responsible for this expense. Please divide the cost with all the teams in your league.



SECTION ONE SWIMMING AND DIVING 2013
GUIDELINES FOR CONFERENCE CHAMPIONSHIP MEET
(Continued)

7. It is required by Section One that admission be charged to cover meet expenses. The money is to be turned in to the Swimming Coordinator at the Sectional Seed Meeting. The admission charge for Conference Championships is \$5.00 per person, no exceptions. **The admission charge for Sectional Finals is \$8.00 for Adults; \$5.00 for 12 & Under and Senior Citizens (62 and over).** Please make sure you have a responsible individual taking admissions.
8. Officials for each meet will be arranged by the Sectional Coordinator, the Presidents of Westchester and Rockland Swimming Officials and submitted to BOCES Director, Jennifer Simmons, for final approval.
9. Each Division will receive, based on the number of teams per conference, no less than 21 "All-Division" plaques. It will be up to each meet committee to determine the selection of their All-Division athletes. Names of those chosen will be submitted to the Sectional Coordinator at the Sectional Seed meeting. Each school has the All-Division plaques and it then becomes the responsibility of each coach to provide the appropriate names to their respective Athletic Director. Please make sure that each school within your league receives at least one All-Division Plaque as all teams represented have at least one person deserving of this award. Typically, the All-Division plaques are distributed to any winner of an event, including relay teams and then the top finishers overall throughout the championship.
10. Medals are the responsibility of the Section and are awarded to the first, second and third place finishers. A plaque will be presented to the winning team in each Conference.
11. A completed copy of the meet results in each League, including All-Division selections, shall be forwarded to the Sectional Coordinator at the Sectional Seed Meeting.
12. Additional Guidelines will be established by each meet Director. Copies of additional guidelines will be given to the Swimming Coordinator prior to the Division Championship Meet as well as mailed information to the coaches/teams in your Division.
13. Independent teams do not participate in conference championships.

**SECTION ONE GIRLS' SWIMMING AND DIVING
2013 LEAGUE ALIGNMENT**

Conference 1

League A

Arlington
Beacon
JJEF
OL Lourdes
Poughkeepsie
RCK

League B

Brewster
JJCR
Lakeland/Panas
Peekskill
Putnam Valley
Yorktown

Conference 2

League A

Ardsley
Bronxville
Mamaroneck
New Rochelle
Scarsdale
Sleepy Hollow
Ursuline
White Plains

Conference 3

Briarcliff/Pleasantville/Westlake
Byram Hills
Fox Lane
Harrison
Hen Hudson/Croton
Horace Greeley
Keio
Ossining
Rye/Blind Brook/Rye Neck

Conference 4

Clarkstown North
North Rockland
Nyack
Pearl River
Suffern
Tappan Zee

Section 1 Awards

The section/school recognizes the following awards, given out at the conclusion of each sport season;

- League Champions
- Section Champions
- Section Runner Up
- All League
- All Section

All League Awards

This individual level award is chosen by the coaches within each league. Each school within the league has the ability to nominate athletes to this award. This award for each league is obtained with the following formula;

Leagues of 6 teams or less = 2 x's the number of starters

Leagues of 7 (2 x the number of starters x 2) divided by 1.5

Leagues of 8 (2 x the number of starters x 2) divided by 1.5

Leagues of 9 (2 x the number of starters x 2.25) divided by 1.5

Leagues of 10 (2 x the number of starters x 2.5) divided by 1.5

If a coach/rep is not present at the all league selection meeting, appropriate all league selections will still be considered for that school.

All Section Awards

This individual award is chosen by the coaches within the section. The section provides the total number allowed to be chosen, but it is up to the coaches association to decide the criteria for those athletes to be chosen. An athlete MUST be chosen as All League to be chosen as All Section.

APPENDICES

- Team Roster
 - * Individual Sport Verification
 - Diving-Group of the Week
 - Swimming Entry Form
 - Team of One/Verification Form
 - Dive Order Sheet
 - NFHS 2012-2013 Rule Changes
 - Meet Roster (online)
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**Section One
Swimming and Diving
2013**

Diving-Group of the Week

<u>Week Beginning</u>	<u>Group Number</u>
September 9	100
September 16	200
September 23	400
September 30	500
October 7	300
October 14	100
October 21	200

First dive shall be the voluntary dive from the required group Maximum Degree of Difficulty will be 1.8

Divisional championship required Group Number is 100.

Sectional Dive Sheets (2) one-proof of 170 pts. signed by referee and Sectional Dive Order need to be brought to Divisional Championship Diving.

Individual Sport Verification

{for the sports of Boys & Girls Tennis, Golf, Gymnastics, Bowling, Cross Country, Track , Skiing, Wrestling & Swimming}

Please verify below that each person listed on this roster has met the 6 contest minimum this sports season.
*This form must be submitted to Sports Chair prior to the seeding meeting.

School _____

Sport _____

Coach _____
(name, email, cell)

<u>Athletes Names</u>	<u>Athletes Names</u>
1.	11.
2.	12.
3.	13.
4.	14.
5.	15.
6.	16.
7.	17.
8.	18.
9.	19.
10.	20.

Each athlete has participated in at least 6 contests during the regular season, which meets the NYSPHSAA minimum number of contests required.

Coach's Signature/Date

Athletic Director signature/date

**SECTION ONE SWIMMING AND DIVING 2013
TEAM OF ONE/VERIFICATION FORM**

SWIMMER/DIVERS NAME: _____

SWIMMER/DIVERS SCHOOL: _____

SCHOOL BOARD APPOINTED COACH: _____

ATHLETIC DIRECTOR: _____

SCHOOL ADDRESS: _____

SCHOOL PHONE NUMBER: _____

DATE/SITE	EVENT/TIME	EVENT/TIME	REFEREE SIGNATURE

THIS FORM MUST BE COMPLETED FOR SIX DUAL MEET COMPETITIONS THROUGHOUT THE REGULAR SEASON AND TURNED IN WITH THE ATHLETIC DIRECTOR'S SIGNATURE ONCE COMPLETED TO THE SECTION ONE COORDINATOR AT THE SECTIONAL SEED MEETING. WITHOUT THIS FORM COMPLETED, POST-SEASON COMPETITION WILL NOT BE PERMITTED.

SIGNATURE OF ATHLETIC DIRECTOR ONCE THE FORM IS COMPLETELY FILLED OUT AND SIGNED BY APPROPRIATE REFEREE_____.

Dive Order

NYSPHSAA Diving Championship

Place

Name _____ School _____ Section _____

	NO. of Dive	Description of the Dive	Pos	Degree of Diff	Judges Score							Judges Net Score	Total Score							
					1	2	3	4	5	6	7									
P R E L I M S	1	Forward Back Reverse Inward	____ SS ____ Twist																	
	2	Forward Back Reverse Inward	____ SS ____ Twist										+							
	3	Forward Back Reverse Inward	____ SS ____ Twist										+							
	4	Forward Back Reverse Inward	____ SS ____ Twist										+							
	5	Forward Back Reverse Inward	____ SS ____ Twist										+							
S E M I S	6	Forward Back Reverse Inward	____ SS ____ Twist										+							
	7	Forward Back Reverse Inward	____ SS ____ Twist										+							
	8	Forward Back Reverse Inward	____ SS ____ Twist										+							
F I N A L S	9	Forward Back Reverse Inward	____ SS ____ Twist										+							
	10	Forward Back Reverse Inward	____ SS ____ Twist										+							
	11	Forward Back Reverse Inward	____ SS ____ Twist										+							
												Final Score								

Championship Diving Requirements (5 Voluntary/6 Optional)

The five voluntary Dives shall come from each of the five groups with their assigned dd and have a sum total of 9.0 or less.

The six optional dives shall include at least one chosen from each of the five groups. No more than one optional dive from the same group is permitted through semi-finals.

All five groups must be represented in the first eight rounds.

Coach's Signature	Diver's Signature	Referee
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2013-14 SWIMMING AND DIVING MAJOR RULES CHANGES

2-7-2b

Track-style starting blocks with wedges are permitted.

Rationale: The change permits the use of the new design of the track-style starting platform.

3-3-3 Penalties

No longer requires the field to “step down” if a swimmer in an illegal suit is observed once on the starting blocks, but will disqualify the swimmer in violation at completion of the heat.

Rationale: With the elimination of the high-tech suits, which created a competitive advantage, it is no longer necessary to require the field to “step down” for the wearing of an illegal suit, and is appropriate to now simply disqualify at the completion of the heat.

3-5 New

Electronic devices may be used as coaching tools/aids, but shall not be used during the competition phase.

Rationale: Technology advancements in the area of electronic audio and video devices have made such items easy to use and very accessible. Their use, if not used during the actual competition when a competitor is in the pool or on the board, no longer creates an advantage or disadvantage among competitors or teams. The contest officials should be responsible for what takes place in the competition venue, and not monitoring who is using an electronic device in various locations in the facility or on the bench area, which is difficult, at best, to identify.

8-2-2c

In the breaststroke, permits a single butterfly kick to follow the start or turn at any time prior to the first breaststroke kick.

Rationale: Permitting a single butterfly kick following the start or turn at any time prior to the breaststroke kick is more appropriate for the high school swimmer, and will allow greater consistency in officiating the stroke.

9-7-4e New

Clarifies how long the diver must maintain the straight-body position for the flying one and one half somersault dives.

Rationale: Clarifies how long the diver must maintain the straight-body position for the flying one and one half somersault dives, and awarding of points when the position is not held.

9-5-4

Adds specific wording for back and inward takeoff positions.

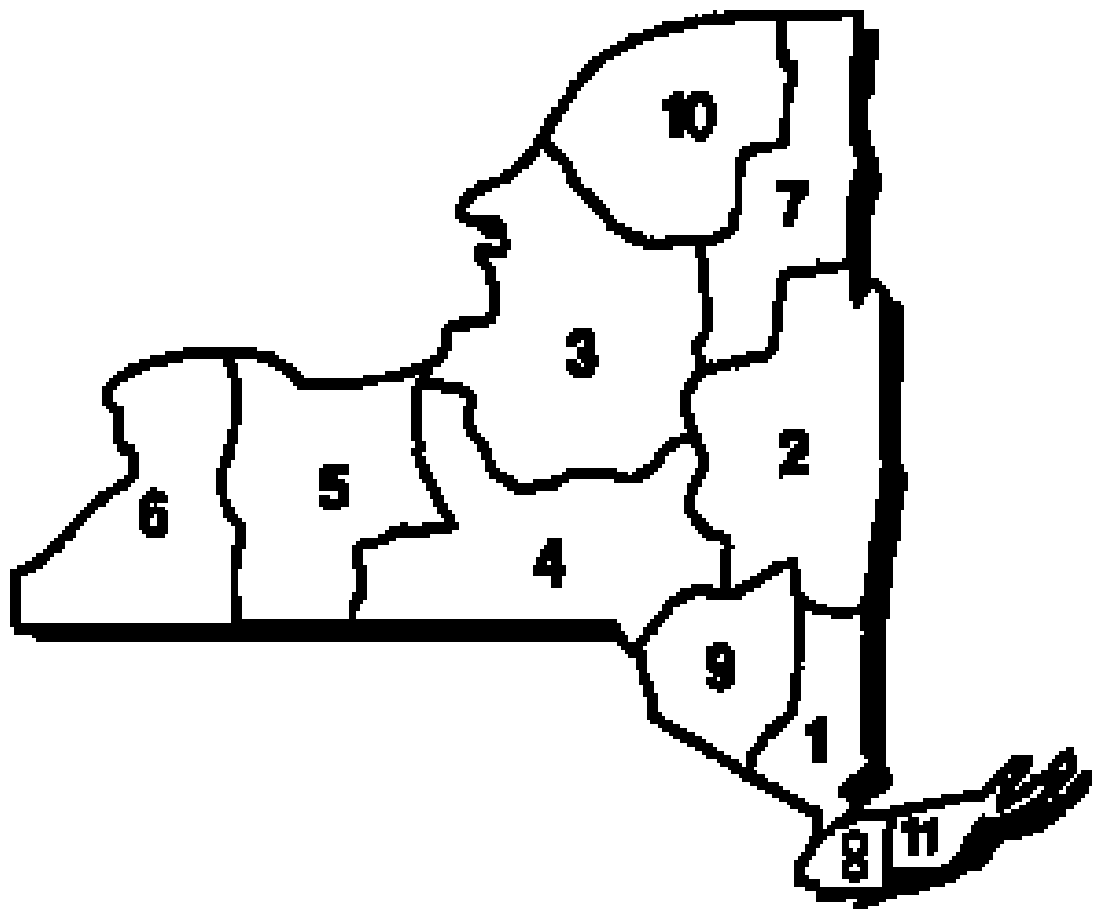
Rationale: Clarifies specific wording for any dive requiring back or inward takeoff positions.

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About the National Federation of State High School Associations (NFHS)

The NFHS, based in Indianapolis, Indiana, is the national leadership organization for high school sports and performing arts activities. Since 1920, the NFHS has led the development of education -based interscholastic sports and performing arts activities that help students succeed in their lives. The NFHS sets directions for the future by building awareness and support, improving the participation experience, establishing consistent standards and rules for competition, and helping those who oversee high school sports and activities.

The NFHS writes playing rules in 17 sports for boys and girls at the high school level. Through its 50 member state associations and the District of Columbia, the NFHS reaches more than 19,000 high schools and 11 million participants in high school activity programs, including more than 7.6 million in high school sports. As the recognized national authority on interscholastic activity programs, the NFHS conducts national meetings; sanctions interstate events; offers online publications and services for high school coaches and officials; sponsors professional organizations for high school coaches, officials, speech and debate coaches, and music adjudicators; serves as the national source for interscholastic coach training; and serves as a national information resource of interscholastic athletics and activities. For more information, visit the NFHS website at www.nfhs.org.



STATE SECTIONAL MAP
