

GIRLS' SWIMMING

Section 1. SEASON LIMITATIONS

- A. Season limits as determined by the IHSA.

Section 2. SCHEDULE

- A. The conference schedule will be a single round robin with a DVC championship meet.

Section 3. LEVELS OF COMPETITION

- A. There will be three levels of competition: Varsity, Junior Varsity, and Freshman.
- B. Individuals can compete on two different levels in the same meet.

Varsity to JV
JV to Varsity
JV to Freshman
Freshman to JV
Not Freshmen to Varsity
or
Varsity to Freshmen

Section 4. GAMES/CONTEST MANAGEMENT

- A. Procedures for conducting contests will be as stated in the National Federation Swimming Rulebook.
- B. Uniforms will conform to the IHSA policy.
- C. Officials will be paid according to NISOC policy as approved by the DuPage Valley Conference.
- D. Each team will provide its own first aid kit.

Section 5. CHAMPIONSHIP DETERMINATION

- A. Team championship will be based on the results of the conference meet.
- B. In case of a tie, duplicate plaques will be given.

Section 6. CONFERENCE TOURNAMENT

- A. Date: IHSA Week 17 – two weeks prior to the IHSA Sectional.
- B. Entries: The host school shall send out the event list from meet manager software.

Swimming

- 1. Varsity may enter two per event, one relay.
- 2. Junior Varsity has unlimited entries.
 - a. Only 3 people from each school may score, but all awards will be given.
- 3. Freshman may enter two per event, one relay.

Diving

1. Varsity: 2 entries, 11 dives
2. Junior Varsity: 3 entries, 11 dives
3. Freshman: 2 entries, 11 dives

C. Format: Order of events per National Federation and IHSA.

D. Conference Rules

1. Rules Committee: One coach from each competing school.
2. Diving:
 - a. All diving sheets should be faxed to the DVC Tournament host by Monday of IHSA week 17
 - b. The host school diving coach will review all **lower level** diving sheets prior to the meet.
 - c. Host school will forward all VARSITY diving sheets to the diving official on Tuesday of IHSA week 17 and the original diving sheets must be delivered to the seeding meeting.
 - d. The diving panel will be comprised of 5 judges – one from each competing school. High and low scores for each dive will be discarded.

E. Schedule:

1. Seed Meeting- Wednesday of week 17 at host school at 7:30 p.m.
2. Draw up seeds
3. Define Rules
4. Diving Practice – During seed meeting
5. Scratch meeting- 1/2 hour prior to start of meet

F. Scoring:

1. National Federation Guide 16 place finish for individual meets

Place	Indiv. Pts.	Relay Pts.	Place	Indiv. Pts.	Relay Pts.
1 st	20	40	9 th	9	18
2 nd	17	34	10 th	7	14
3 rd	16	32	11 th	6	12
4 th	15	30	12 th	5	10
5 th	14	28	13 th	4	8
6 th	13	26	14 th	3	6
7 th	12	24	15 th	2	4
8 th	11	22	16 th	1	2

2. National Federation Guide 10 place finish for 5 place finish for relay

Place	Indiv. Pts.	Relay Pts.	Place	Indiv. Pts.
1 st	14	28	6 th	6
2 nd	11	22	7 th	4
3 rd	10	20	8 th	3
4 th	9	18	9 th	2
5 th	8	16	10	1

G. Awards:

Varsity champion receives a plaque.
Individuals receive medals for places 1-6.
Junior Varsity receives ribbons for places 1-6.

Freshmen receive ribbons for places 1-6.

H. Officials: One for diving and three for swimming. (starter, referee, turn/stroke judge)

I. Times:

Diving: Friday, week 17

3:30 p.m. Warm-up

5:00 p.m. Diving begins.

2 fifteen minute breaks will be taken after the 5th and 9th rounds of diving.

Swimming: Saturday, week 17

8:30 a.m. Warm-up

10:00 a.m. Swimming begins.

2 fifteen minute breaks will be taken after the 50 free and the 500 free.

Section 7. ALL CONFERENCE

A. Award Certificates: Each All-Conference member shall receive a certificate provided by their own school.

B. Team Selection:

1. Every first place individual/relay shall be All-Conference.
2. Six at-large shall be nominated and voted on by head coaches to be All-Conference.
3. Each school may name 3 members as Honorable Mention.
4. Meeting will be Monday, Week 19, 7:00 at the chairperson's school (West Aurora).
5. Chairperson will release All-Conference team to media on Wednesday Week 19.

Section 8. COACHES MEETING

A. Meeting Dates

1. Pre-season meeting will be held as scheduled by the DVC pre-season meeting for all fall sports.
2. The post-season and All-Conference meeting will be held on Monday, Week 19 at the chairperson's school (West Aurora).