7.20 SWIMMING AND DIVING

7.20.1 General Rules/Policies

A. Classes - There is one class in both boys and girls, A-5A.

B. Practice Dates - Practice is allowed year round.

C. NMAA Rules Clinic - The head coach from each declared swimming and diving school must complete the NMAA rules clinic in person or online at www.nmact.org between November 1st and November 15th. Failure to comply shall result in a $100 fine to the school per head coach assessed on December 1st.

D. Competitive Season - The competitive high school season begins the Monday of Week #19 and concludes with the state championships on Saturday of Week #34.

E. District Meets - District meets are to be held on Friday or Saturday of Week #31, 32, or 33.

F. Meet Limitation - Each team or individual is limited to ten (10) meets not including the post season (i.e. district and state). If a student is allowed by the school to participate on a non-school team during the high school season, the student's combined meets may not exceed 10 (not including district and state meets). **NOTE: See NMAA bylaw 6.13.2**.

G. Sub-varsity events - Junior varsity, junior high, and other sub-varsity events must be held as separate events apart from varsity competition.

H. Competition Rules - NFHS Swimming and Diving Rules are the official rules of all NMAA Swimming and Diving meets. The NMAA has the ability to make these rules stricter as needed.

I. Diving Competition - There shall be no minimum total degree of difficulty for optional dives, except when attempting to qualify for the State Championships. The degree of difficulty for all dives is listed in the NFHS Swimming and Diving Rule Book.

7.20.2 State Championships Qualifying Information

A. Declared special qualifying swimming and diving meets must be submitted and approved by the NMAA in advance of the season.

B. Individuals qualify for the state championships by equaling the qualifying marks for swimming and the degree of difficulty in diving, as set by the NMAA State Swimming and Diving Committee. First and second place finishers in each swimming event at a district championship meet also qualify for the state championships. The qualifying results must be achieved at an approved qualifying meet involving at least one other high school team of the same gender (in or out of state). Entries for the State Meet must be correctly submitted prior to 11:59 PM on Sunday of Week #34. Entries must be submitted online on MaxPreps in order to participate. A $500 fine will be imposed to each school that makes changes to their team state championship entries after this entry deadline.

NOTE: One non-qualified individual may be entered along with each qualifying relay team. At the State Meet, any member of the team may participate in a relay event provided a) they had previously been entered into the State Meet by virtue of being listed on MaxPreps as a State qualifier or by being entered as the one non-qualifier allowed per relay team and b) they have not exceeded the maximum number of allowed events as per NFHS Rule 3.2.1.

C. All qualifying meet hosts must submit their results electronically using Hy-Tek Meet Manager to the NMAA office within seven (7) calendar days upon the conclusion of the event. State qualifying performances must be designated as such on the program. These results should be emailed to the attention of the NMAA Swimming and Diving Administrator.

D. A certified NMAA/NMOA Swimming Official must be present and must sign all meet results at the conclusion of the qualifying meet. These results must be mailed/emailed to the NMAA office within seven (7) calendar days of completion of the event. State qualifying performances must be highlighted.

E. Dive sheets must be submitted to the NMAA office within seven (7) calendar days of completion of a qualifying meet. Dive sheets which meet the degree of difficulty requirement to qualify for State (12.3 for boys, 11.2 for girls), must include the signature of the diving coach or the meet referee.

Divers qualify for the State Championship based on successful completion of a six dive optional program in either one (1) six-dive dual meet or one (1) eleven-dive invitational meet. Successful completion means that a diver has performed all six optional dives in a single competition and received a score of above zero from each judge for each dive. The optional dives must not end with a zero-one (i.e. 201,301, etc.). NOTE: If an eleven-dive contest is used to qualify, the five voluntary dives must be circled for identification.

A diver who wishes to qualify for the State Championship Meet in a dual meet may attempt all six optional dives in that meet. A diver who is not ready to qualify for the State Championship Meet should use the standard dual meet format.

F. All swimming and diving qualifying meets must comply with standard meet format per NFHS rules thus eliminating multiple attempts at qualifying per event during a single meet.

G. Swimming qualifying standards will be established each year by the NMAA. These standards will be calculated by dividing the last three years 18th place time at the state championships. When there is no 18th place time, the last place time will be used.

H. Hosts of state qualifying meets are required to have a location for all swimming and diving events. If a location is not provided for both, it will not be considered a qualifying meet. All facilities must meet NFHS approved guidelines.

7.20.3 State Championship Information

A. Date - State Championships are held during Week #34

B. Mandatory Meeting - A mandatory meeting will be held the Friday of Week #34 which must be attended by the team's head coach. Failure to attend without proper communication to the Event Director will result in sanctions at the discretion of the Executive Director.

C. Team Trophies – First, second and third place trophies will be presented for each gender based on total points accumulated. Additionally, the highest scoring class A-3A team in each gender will receive a first place trophy for the A-3A classification.