

- (k) Awards - Plaques will be presented to the championship and runner-up team in all classes. Members of the championship and runner-up teams will receive individual awards (a total of 25).

4.10 SWIMMING AND DIVING

4.10.1 General

- (a) Information on Mailings, Classifications, Payment of Officials, Eligibility Sheets, Ejections, Playoff Declaration, NCHSAA Clinic Dates, Body Paint and Noisemakers are found under General Requirements for Interscholastic Activities (See 4.1).
- (b) Date of First Practice - October 31
- (c) Preseason Scrimmages - See 4.1.5.
- (d) Date of First Meet - November 14.
- (e) Schools are required to register with NCPrepSwimming by November 15; the cost is \$20.00 per year.
- (f) Number of Regular Season Contests - No more than three may be scheduled per week. A student-athlete is limited to one contest a day.
- (g) Participation Clarification - See 4.10.2(c)(1)(i)
- (h) Outside Participation - Swimmers and divers may not choose to participate in outside competition and then join the school's regular season team for participation in the state playoffs.
 - (1) Once a school calls for practice and competition begins, the swimmer/diver must join and participate with the school team.
 - (2) A student-athlete may not swim in an outside competition and then join the school team at a later date (if the school has a regular season team).
- (i) Health and Safety Guidelines - Reference General Requirements for Interscholastic Athletic Activities for a listing of guidelines (See 4.1.20) and Health and Safety Guidelines (See 2.3) for all the information.
- (j) Filming, Videotaping or Video Streaming - See 2.2.7.
- (k) Diving Judges Panel - To serve on a diving judges panel:
 - (1) A high school coach must pass the NCHSAA diving judge test;
 - (2) A USA diving official must be registered as an NCHSAA Official;
 - (3) All other persons must be registered as an NCHSAA swimming official and pass the NCHSAA diving judge test.
- (l) Relay Meet - The following format has been adopted by the NCHSAA in accordance with the NFHS Order of Events. Qualifying times for events 1, 2, 3, 4, 5, 6, 19 and 20 are eligible for regional entry.
 - (1) (1,2) 50 Freestyle
 - (2) (3,4) 200 Medley Relay
 - (3) (5,6) 200 Freestyle Relay
 - (4) (7,8) 4x100 Individual Medley Relay
 - (5) (9,10) 200 Butterfly Relay
 - (6) (11,12) 400 Freestyle Relay (8x50)
 - (7) (13,14) 500 Freestyle Relay
 - (i) 50-100-200-100-50; or;
 - (ii) 200-150-100-50
 - (8) (15,16) 200 Backstroke Relay
 - (9) (17,18) 200 Breaststroke Relay
 - (10) (19,20) 400 Freestyle Relay (4x100)
- (m) Pentathlon meet - The following format has been adopted by the NCHSAA in accordance with NFHS Order of Events with unlimited entries. Qualifying times are eligible for regional entry.
 - (1) (1,2) 100 Backstroke
 - (2) (3,4) 100 Breaststroke
 - (3) (5,6) 100 Butterfly
 - (4) (7,8) 100 Freestyle
 - (5) (9,10) 200 Individual Medley

4.10.2 Regional Information

- (a) Dates - February 2 - 4, 2023.
 - (1) Diving competition is held the day before swimming, unless facilities allow otherwise or there are special circumstances.
 - (2) Regional assignments, along with the most current information about regional sites, dates and times, are posted on the NCHSAA website.
- (b) Qualifying Requirements
 - (1) Swimming and Diving - Individuals representing their school, where no team is fielded, may also qualify by competing during the regular season and times must be achieved in high school competition.

- (2) Swimming
 - (i) If an individual (or relay team) has not recorded the minimum standard found on the NCHSAA website, the swimmer is not eligible for regional competition.
 - (ii) Relay teams may not use aggregate or split times.
 - (iii) Qualifying times shall be achieved in competition on or after the earliest date of the first meet of the season.
 - (iv) Only times achieved at meets with registered officials will be eligible for official entry into regionals.
 - (v) Schools fielding a team must compete as a team during the regular season and times must be achieved in high school competition.
- (3) Diving
 - (i) Divers must have successfully competed in at least one high school meet in order to enter regional competition.
 - (ii) Coaches do not enter individuals in the diving competition unless they are capable of performing their safe 11 dives. Safety must be the utmost consideration in your decision.
- (c) Entries - Check the NCHSAA website for approved entry procedures and deadlines.
 - (1) Swimming and Diving
 - (i) All schools must use NCPrepSwimming.com to upload and manage results for the official regional entry process for swimmers and divers.
 - (ii) Coaches must fill out the contact information section completely.
 - (iii) A student-athlete may enter a maximum of four events, no more than two of which may be individual events.
 - (iv) A school may enter no more than four swimmers per individual event and no more than one team per relay.
 - (v) Each student-athlete is limited to 3 relays and 1 individual or 2 relays and 2 individual.
 - (vi) The deadline for submission of playoff entries is Saturday, January 28, 2023 at 11:59 p.m.
 - (vii) Late entries may be submitted to the NCHSAA and must be in by 3:00 p.m. the Monday prior to the regional. Use the form on the the designated reporting platform.
 - (viii) Changes from the submitted entry form are not permitted.
 - (ix) Only one alternate may be entered per relay.
 - (x) When entering consideration times for regionals, this rule applies as well. Enter only the two events the swimmer has the best chance in which to qualify.
- (d) Competition
 - (1) Swimming and Diving
 - (i) Student-athletes will be allowed to scratch from a preliminary competition event without penalty, if the scratch is delivered to the meet referee prior to the event being called.
 - (ii) Entry Lists - Entry lists for both regional and state competition will be posted on the NCHSAA website.
 - (2) Preliminary entry lists should be posted early in the week (alphabetical order, with times). Any questions can be addressed by the meet director.
 - (3) After that, the final lists should be posted by Wednesday morning (alphabetical order without times). No corrections can be made after that time.
 - (i) Scoring - Each regional competition shall be scored on the basis of the standard sixteen (16) place scoring and shall include all events competed during the regional competition, including diving, for the purpose of determining the regional team championship. Swimmers not achieving the regional automatic or consideration qualifying standard in the finals will not score in that event.
 - (ii) Order of Events - Women compete first, followed by the men, in each event except for diving where it changes each year. In regional competition there will be timed finals for all events. Schedules will be posted on the website.
 - (iii) Deck Changing - Deck changing is not allowed. Competitors must use locker room facilities, or be subject to disqualification.
 - (iv) Supervision - All student-athletes participating in playoff competition must be supervised. If not, they will be eliminated from competition. If anyone besides school personnel accompanies participants, a letter from the principal must be sent to the NCHSAA authorizing this and a copy of the letter must be in hand at the meet.
 - (v) Admission - See Ticket Pricing Chart (page 115)
 - (vi) Expenses - Each school will bear its own expenses to the regional meet.
 - (vii) Awards - The winning and runner-up team will receive plaques.

- (4) Individual awards will be presented to the top three individuals in each event.
- (5) Awards will be presented after the 50 freestyle, the 200 freestyle relay and at the end of the meet.
- (6) Coaches should have their student-athletes prepared to receive their awards.
- (7) Regional directors must present the awards as scheduled.
- (8) Qualifiers to State Championship - Qualifying information for state championships, including times, can be found on the NCHSAA website. Qualifiers include:
 - (i) Top six (6) fastest times from each regional plus the top six (6) times from any region not already qualified for advancement.
 - (ii) In order to qualify for and advance to State Championships each swimmer or relay team must have achieved the Regional Qualifying standard (automatic or consideration).
 - (iii) Individuals or relay teams qualifying but not intending to participate in an event of the State Championship must notify the State Meet Director by 3:00 p.m. on Monday prior to the State Meet. Remaining alternates will not advance to State Championships after that time.
NOTE - If the student-athlete scratching is one of the top six (6) qualifiers from a regional competition, then the next student-athlete in line from that regional competition will be offered the opportunity to fill the position. If the student-athlete is one of the at-large qualifiers, then the next fastest qualifier across all regions will be offered the opportunity to fill the position.
 - (iv) Substitutions for relay participants who qualify to the state meet are allowed, irrespective of the number of events swum in the regional competition, but no substitutions in individual events may be made.
- (9) Swimming
Note - Relay Team Entries - All regionals and state championships will use same method for relay cards. See 4.10.3.
- (10) Diving - 11 dives, five required and six optionals (one in each category). No degree of difficulty is required.
 - (i) Two copies of the competitive dive sheets must be brought to the meet.
 - (ii) Divers must turn sheets in 30 minutes prior to warm-ups. Accuracy is responsibility of coach.
 - (iii) When diver is on the board, a coach may not coach them.
 - (iv) Any teams with divers participating should be prepared to provide table workers and judges at the meet. (Parents should not judge own child's competition).
 - (v) Two failed dives disqualifies the individual from competition.
 - (vi) Divers are disqualified if they do not make a legitimate attempt on each dive.
 - (vii) Format for all regionals will be posted on the NCHSAA website.

4.10.3 State Championship

- (a) Order of Events - In state competition there will be preliminary and final competition for all events except for the 500 yd freestyle which will be competed as a timed final event. The two fastest heats of the 500 yd freestyle (each gender) will be swum with the evening finals.
- (b) Scoring - 16 places will be scored. No scoring in championship if swimmer does not swim qualifying times.
- (c) Relay Team Entries
 - (1) Cards will be in packet upon arrival.
 - (2) Turn in cards at coaches meeting; any changes need to be given to the admin before the completion of the relay.
 - (3) Pick-up relay cards after the break and return to the admin with or without any changes (can still make changes before completion of the relay).

Example

School: REESE-HARPER HIGH SCHOOL

1. Susie Chen 2. Nancy Carter 3. Joyce Hidalgo 4. Jamalia Baker Event: 400 Freestyle Relay

- (d) Admission - See Ticket Pricing Chart (page 115). Team members will be admitted upon identification by coach.
 - (1) Non-qualifiers are not allowed on deck.
 - (2) Parents not previously certified by the school administration, and properly submitted to the NCHSAA, as coaches will not be permitted on deck.
 - (3) If schools have assigned more than two coaches, a letter from the principal on official school letterhead must identify any additional coaches.
- (e) Awards - The winning and runner-up team will receive plaques.

- (1) Individual awards will be presented to the top four individuals in each event and to members of the winning and runner-up teams (total of 20 individual medals).
- (2) Awards will be presented after the 50 freestyle, the 200 freestyle relay and at the end of the meet.
- (3) Coaches should have their swimmers prepared to receive their awards.
- (4) Men's diving awards will be presented during the first awards presentation and women's during the second awards presentation.
- (f) Team Expenses - Teams will either split a share of net ticket revenue (gross ticket revenue less event expenses) or travel will be reimbursed at the rate of five cents per mile for each qualifier, including coach, up to a maximum of 35 cents, whichever revenue share method is higher for member schools.
- (g) State Diving Schedule: See NCHSAA website.
- (h) State Swimming Schedule

1A/2A	February 9, 2023	Site: Triangle Aquatic Center, Cary
4A	February 10, 2023	Site: Triangle Aquatic Center, Cary
3A	February 11, 2023	Site: Triangle Aquatic Center, Cary

4.11 TENNIS

4.11.1 General

- (a) Information on Mailings, Classifications, Payment of Officials, Eligibility Sheets, Ejections, Playoff Declaration, NCHSAA Clinic Dates, Body Paint and Noisemakers are found under General Requirements for Interscholastic Activities (See 4.1).
- (b) Date of First Practice - August 1 (Women) and February 13 (Men).
- (c) Preseason Scrimmages - See 4.1.5
- (d) Date of First Match - August 15 (Women) and February 27 (Men).
- (e) Health and Safety Guidelines - Reference General Requirements for Interscholastic Athletic Activities for a listing of guidelines (See 4.1.20) and Health and Safety Guidelines (See 2.3) for all the information.
- (f) Number of Regular Season Contests - No more than four per week if one is on a non-school day. Four matches in three days are still permissible without using a non-school day if a double-header is included on one of the school days. A two-day individual tournament represents two matches. No more than two dual-team matches are allowed daily (weekly limit still applies). No season limit.
- (g) Sportsmanship - Ethical conduct of student-athletes and coaches shall be observed at all times. Student-athletes' behavior should be monitored throughout the season.
 - (1) Unsportsmanlike conduct, etc. by student-athletes will not be tolerated.
 - (2) If unsportsmanlike conduct occurs, the two competing coaches will deal with the offending student-athlete(s) in accordance with USTA regulations.
 - (3) For unsportsmanlike conduct/misconduct other than those meeting ejection criteria, first offense is point penalty; second offense is loss of game; third offense is default.
 - (4) Disqualification can occur at any time.
 - (5) The Code of Conduct penalties are cumulative through the entire event and follow a student-athlete or doubles team for the duration of the match or state tournament. Doubles teams accrue points, not individuals.
- (h) Filming, Videotaping or Video Streaming - See 2.2.17.

4.11.2 Regular Season Rules and Regulations for Dual Team

- (a) Scoring - 1 point is scored for an individual or doubles team win. The first team to win five points wins the match.
 - (1) Singles matches are played first, followed by doubles.
 - (2) Doubles matches start 15 minutes following the conclusion of singles, if any doubles players competed in singles.
- (b) Team Composition - 6 singles competing in flights 1,2,3,4,5 and 6; and 3 doubles teams competing in flights 1, 2, and 3.
 - (1) A student-athlete may compete in both singles and doubles.
 - (2) Any school competing in the NCHSAA dual team tennis playoffs must have participated in an actual regular season schedule for the current year.
- (c) Format
 - (1) Singles - Two out of three sets in singles. If players split sets in singles, a 10-point tiebreaker (first to 10, win by two) will be played to decide the outcome of that match. A three-minute break is allowed before the tiebreaker, and player(s) may NOT leave the court during this time to confer with their coach.
 - (2) Doubles - Doubles matches are played after singles competition and a 15-minute break [See 4.11.2 (a)] and the format is an 8-game pro set. In a tie at the end of the doubles pro set, the set tiebreaker (first to seven and win by two) will be played.