

2023-2024

SECTION

IX

**GIRLS AND BOYS
SWIMMING & DIVING HANDBOOK**

COORDINATORS:

Mr. Chris Sammons – GIRLS

Mr. Dan Wargo – BOYS

Section 9 follows NFHS Swimming & Diving Rules

SECTION 1
(Contact Information)

**Girls' Swimming & Diving Contact List
2023 – 2024**

School	Coach	Email	Phone
Kingston (Girls Chairperson)	Chris Sammons	csammons@kingstoncityschools.org swansong73@yahoo.com	(845) 389-9644
Boys Chairperson	Dan Wargo	dwargo@wcsdk12.org	(724) 454-2681
Beacon/ Spackenkill	Larry Collins	collins.l@beaconk12.org	(914) 474-4277
Cornwall	Dylan Burns	Dylan.burns136@gmail.com	
FDR	Glen Berger	glenburger@hpcsd.org	(845) 867-6485
Goshen/ Chester	Melissa Freehill	melissafreehill@gmail.com	(845) 645-1458
Marlboro/ Highland	Amanda Creeden	amanda.creeden@marlboroschools.org	(845) 542-0783
Middletown	Samantha McGregor	Samantha.mcgregor@ecsdm.org	(845) 238-6742
Minisink Valley	Megan Sontag	msontag@minisink.com	(914) 420-7275
Monroe-Woodbury	Justin Wright	jwright@mw.k12.ny.us	(845) 656-0220
Newburgh	Zach Williams	zmwilliams88@gmail.com	(845) 926-8591
New Paltz	Emily Benkert	benkertemily@gmail.com	(845)-444-4421
Our Lady of Lourdes	Tom Bubel	tjbubel@optonline.net	(845) 235-2087
Pine Bush	John Barth	joniceb@yahoo.com	(845) 800-0875
Red Hook	Mackenzie Dabo	Mdabo@rhcsd.org	(845) 416-8516
Rhinebeck	Stephen Boucher (AD)	sboucher@rhinebeckcsd.org	(845) 871-5500
Valley Central	Tom Plitsch	Thomas.plitsch@vcsdny.org	(845) 514-0018
Walkill	Doug Thompson	bistro59@aol.com	(845) 532-4301
Washingtonville	Dan Wargo	dwargo@wcsdk12.org	(724) 454-2681
Warwick	Lauren Beneat	lb11426@gmail.com	(845)537-6942
Section 9 Rules Interpreter	Alice Plitz	arpitz@optonline.net	(845) 242-2890
Times-Herald Record	Tom McMillan	kmcmillian@th_record.com	
OCIAA Office	Chris Mayo	cmayo@ouboces.org	(845) 294-5799

2023-2024
Section IX Boys Swimming Contact list

School	Coach	Email	Phone
Kingston (Girls Chairperson)	Chris Sammons	csammons@kingstoncityschools.org swansong73@yahoo.com	(845) 389-9644
Boys Chairperson	Dan Wargo	dwargo@wcsdk12.org	(724) 454-2681
Beacon/Spackenkil	Larry Collins	collins.l@beaconk12.org	(914) 474-4277
Cornwall	Dylan Burns	Dylan.burns136@gmail.com	(845) 522-2749
FDR	Glen Berger	glenburger@hpcsd.org	(845) 867-6485
Goshen	Melissa Freehill	melissafreehill@gmail.com	(845) 645-1458
Marlboro/Highland	Amanda Creeden	amanda.creeden@marlboroschools.org	(845) 542-0783
Middletown	Paul Burke	paul.burke@ecsdm.org	(845) 637-5802
Minisink Valley	Sam Woodward	swoodward@minisink.com	(845) 649-7344
Monroe-Woodbury	Justin Wright	jwright@mw.k12.ny.us	(845) 656-0220
Newburgh	Zach Williams	zmwilliams88@gmail.com	(845) 926-8591
New Paltz	Melissa Gruver-LaPolt	mgruver@newpaltz.k12.ny.us	(845)-797-7258
Our Lady of Lourdes	Thomas Bubel	tjbubel@optonline.net	(845) 235-2087
Pine Bush	Kevin Blackwell	kevblackwell3@hotmail.com	(845) 234-3422
Red Hook	Mackenzie Dabo	Mdabo@rhcsd.org	(845) 416-8516
Rhinebeck	Anthony Porto	aporto@rhinebeckcsd.org	(518) 755-8717
Valley Central	Tom Plitsch	Thomas.plitsch@vcsdny.org	(845) 514-0018
Washingtonville	Jim Frisbie	jfrisbie@wcsdk12.org	(845) 857-5871
Warwick	Frank Woodward	kscldad@gmail.com	(845) 649-8627
Section 9 Rules Interpreter	Alice Plitz	arpitz@optonline.net	(845) 242-2890
Times-Herald Record	Tom McMillan	kmcmillan@th_record.com	
OCIAA Office	Chris Mayo	cmayo@ouboces.org	(845) 294-5799

Times Hearld Record Information

Mailing address: Times Hearld-Record 40 Mulberry St. Middletown, NY 10940

Try to post results to section9swim.com before 9 pm after all meets so that they may be reported in the next days edition of the paper.

If you are out of town or area you may call 1- 800- 295 – 2181 Ext. 3191 or fax to (845) 342-6024 and remember you can always email.

SECTION 2 (Qualifying)

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

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.

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.

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 or swim another event in which they have qualified, then the Section may replace the swimmer with the 2nd place finisher. If a Section has more than one (1) class meet, the fastest individual from the final day of competition from all the classes would be the eligible athlete to move on as well as any other swimmer who met the qualifying standard.

FAT Timing (Fully Automatic Timing) or three (3) hand held watches must be used for the time to meet the qualifying standard. Divers must be scored by NFHS certified

**Girls NYS 2023-2024 Qualifier Times
(Frozen from last year)**

**Boys NYS 2023 -2024 Qualifier Times
(Frozen from last year)**

200 Medley Relay	1:52.35	1:40.67
200 Freestyle	1:57.24	1:47.60
200 Ind. Medley	2:12.84	2:00.63
50 Freestyle	:24.84	:22.19
Diving (11)	440.00	450.00 pts.
100 Butterfly	1:00.02	:53.95
100 Freestyle	:54.36	:48.76
500 Freestyle	5:14.65	4:52.52
200 Freestyle Relay	1:41.69	1:30.12
100 Backstroke	1:00.42	:54.82
100 Breaststroke	1:08.60	1:01.20
400 Freestyle Relay	3:42.73	3:18.87

**Girls meet at Webster H.S.
Rochester, NY
Nov. 17 & 18, 2023**

**Boy's Meet in Ithaca College
Ithaca, NY
March 1 & 2, 2023**

SECTION 9 QUALIFYING TIMES

(Boys times are tentative and will be voted on in November Meeting)

2023-2024 Girls Section 9 Qualifier Times

2023-2024 Boys Section 9 Qualifier Times

200 Med Relay	1 per Team	1 per Team
200 Freestyle	2:12.87	2:05.21
200 Ind. Medley	2:31.50	2:24.83
50 Freestyle	:27.70	:24.74
Diving (6)	140 pts.	140 pts
Diving (11)	220 pts	220 pts.
100 Butterfly	1:10.38	1:06.14
100 Freestyle	1:01.00	:55.20
500 Freestyle	5:59.09	5:50.01
200 Freestyle Relay	1 per Team	1 per Team
100 Backstroke	1:09.83	1:06.11
100 Breaststroke	1:18.80	1:13.15
400 Freestyle Relay	1 per Team	1 per Team

***All times slots must be approved at the yearly seasonal coaches' rules meeting when and where scheduled by the League Office those listed above are only a suggestion**

SECTION 3

(Championship Meets)

OCIAA GIRLS CHAMPIONSHIP MEET GUIDELINES

Diving-Thursday, Oct 19, 2023, Site Washingtonville HS
Swimming-Saturday, Oct 21, 2022 (Div. 2 AM) Saturday, Oct. 21, 2022(Div. 1 PM)

ENTRY INFORMATION

- **Coaches must submit their entries via the “on-line” entry form at swimcloud.com. FAX entries not permitted!**
- Each team is permitted a maximum of 36 individual entries and 2 relays for each relay event.
- Unless otherwise agreed upon by a majority of the OCIAA coaches, National Federation Rules will govern the OCIAA Championship Meet.

GENERAL MEET FORMAT-SWIMMING

- The OCIAA Championship Meet is a TIMED FINAL meet.
- Heats will be swum slowest to fastest.
- Since the diving competition is on a different day, there will be a minimum of a 20-minute break after Event No. 4 (50-yard freestyle).

GENERAL MEET FORMAT-DIVING

- The diving event in the OCIAA Championship Meet is an 11-dive format competition.
- Since the meet is a TIMED FINAL meet, all divers will perform all 11 dives regardless of the number of divers entered.
- If a diver fails to finish the diving competition, they will be disqualified from the event.
- The dive sheets must be filled out on the official dive sheet and turned in 1 hour prior to the start of competition.

SCORING

- Scoring will be scored to 16 places utilizing National Federation High School rules.

AWARDS

- There will be a Team Championship Plaque.
- There will be medals awarded to the top 8 finishers in each individual event.
- There will be medals awarded to the top 8 finishers in each relay event.

MISCELLANEOUS

- A Championship Meet Committee will consist of two participating coaches and the meet referee.
- The Orange/Ulster BOCES Athletic Coordinator in conjunction with the OCIAA Athletic Director Swimming Chairperson will assign officials for the OCIAA Championship Meet.

ENTRY DEADLINES

”On-Line” Entry (www.swimcloud.com)

DUE

all coaches will be notified by email (TBA)

Verify by e-mail

ONCE PSYCH SHEET GOES OUT ON WEB LIVE – THERE ARE NO CHANGES ONLY SCRATCHES

OCIAA BOYS CHAMPIONSHIP MEET GUIDELINES

Diving – TBD

Swimming – TBD

ENTRY INFORMATION

• **Coaches must submit their entries via the “on-line” entry form at www.swimcloud.com. FAX entries not permitted!**

- Each team is permitted a maximum of 36 individual entries and 2 relays for each relay event.
- Unless otherwise agreed upon by a majority of the OCIAA coaches, National Federation Rules will govern the OCIAA Championship Meet.

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- If a diver fails to finish the diving competition, they will be disqualified from the event.
- The dive sheets must be filled out on the official dive sheet and turned in 1 hour prior to the start of competition.

SCORING

- Scoring will be for the top 16 places utilizing National Federation High School rules.

AWARDS

- There will be a Team Championship Plaque.
- There will be medals awarded to the top 3 finishers in each individual event.
- There will be medals awarded to the top 3 finishers in each relay event.

MISCELLANEOUS

- A Championship Meet Committee will consist of two participating coaches and the meet referee.
- The Orange/Ulster BOCES Athletic Coordinator in conjunction with the OCIAA Athletic Director Swimming Chairperson will assign officials for the OCIAA Championship Meet.

ENTRY DEADLINES

“On-Line” Entry (www.swimcloud.com)

All coaches will be notified via email (TBA)

Verify by e-mail (TBA)

ONCE PSYCH SHEET GOES OUT ON WEB LIVE – THERE ARE NO CHANGES ONLY SCRATCHES

Section IX 2021 Girls' Swimming & Diving Championships
Hosted at Valley Central
****Times are Tentative****

Thursday, Nov. 2, 2023 (Swim Prelims) – snow date is Friday, Nov. 3, 2022

Doors Open: 2:00 pm
Warm Up: Circle Swim, all lanes 2:30 pm – 3:50 pm
Lanes 1, 5, 8 Remain Circle Swim 3:50 – 4:20
Lanes 2, 3, 4 Relay Take offs
Lanes 6 & 7 One way sprints
Pool Cleared: 4:20pm
Coaches Meeting: 4:20 pm
Start: 4:30 pm

Friday, Nov. 3, 2022 (All of diving) –snow date is Saturday, Nov. 4, 2022 (prior to swimming finals)

Doors Open: 1:30 pm
Warm Up: 2:00 pm
Boards Close: 3:50 pm
Coaches Meeting: 3:50 pm
Start: 4:00 pm

Saturday, Nov. 4, 2022 (Finals) – snow date is Sunday, Nov. 5, 2022 (after 12 noon)

Swimmers Warm up: Circle Swim, all lanes 10 am-11:15 pm
Lanes 1, 5, 8 Remain Circle Swim 11:15 pm – 11:50 pm
Lanes 2, 3, 4 Relay Take offs
Lanes 6 & 7 One way sprints
Pool Cleared: 11:50 pm
Coaches Meeting: 11:50 pm
Start: Noon

Coaches:

- Enter pool from the deck door
- If you plan on warming up at your own facility, please notify Scott Warner of when you plan to arrive at the pool for the competition.
- Discuss with your team that Valley Central will not be held responsible for any lost or stolen items, bring a lock and lock it up.

2023
NYSPHSAA Girls Swimming and Diving
Voluntary Dive Schedule

Start of Season – September 16 100 – Forward

September 17 – September 23 200 – Back

September 24 – September 30 400 – Inward

October 1 – October 7 5000 – Twist

October 8 – October 14 300 – Reverse

October 15 – October 21 100 – Forward

October 22 – October 28 200 – Back

October 29 – November 4 400 – Inward

- ✓ If a school is competing outside of New York or is hosting a team outside of New York, coaches of both teams MUST agree on a voluntary dive 24 hours before the meet is contested.
 - ✓ Meets rescheduled due to weather or some other unforeseen reason will use the dive from the originally scheduled date.
 - ✓ Divers may use any dive from the scheduled group as they're voluntary dive, but must be listed with a degree of difficulty no higher than 1.8.
- Approved 5/10/2023: NYSPHSAA Girls Swimming and Diving Committee

2022-2023 (DRAFT IN PROGRESS)
OCIAA Boys Swimming & Diving

**Section IX 2023- Boys' Swimming & Diving Championships
Hosted at Valley Central**

****all times tentative**

Thursday, February 15, 2024 (Swim Prelims) - snow date is Friday, Feb. 16, 2024

Doors Open: 2:00 pm
Warm Up: Circle Swim, all lanes 2:30 pm – 3:50 pm
Lanes 1, 5, 8 Remain Circle Swim 3:50 – 4:20
Lanes 2, 3, 4 Relay Take offs
Lanes 6 & 7 One way sprints
Pool Cleared: 4:20pm
Coaches Meeting: 4:20 pm
Start: 4:30 pm

**Friday, February 16, 2024 (all of Diving) – snow date is Saturday, Feb. 17, 2024
(Prior to swim finals)**

Doors Open: 1:30 pm
Warm Up: 2:00 pm
Boards Close: 3:50 pm
Coaches Meeting: 3:50 pm
Start: 4:00 pm

Saturday, February 17, 2024 (Finals) – snow date is Sunday, Feb. 18, 2024

Swimmers Warm up: Circle Swim, all lanes 11:00 am – 12:50 pm
Lanes 1, 5, 8 Remain Circle Swim 12:20 pm – 12:50 pm
Lanes 2, 3, 4 Relay Take offs
Lanes 6 & 7 One way sprints
Pool Cleared: 12:50 pm
Coaches Meeting: 12:45 pm
Start: 1:00 pm

Coaches:

- If you plan on warming up at your own facility, please notify Scott Warner of when you plan to arrive at the pool for the competition.
- Discuss with your team that Valley Central will not be held responsible for any lost or stolen items, bring a lock and lock it up.

SECTION 4

(OCIAA Swim Bi-Laws)

ORANGE COUNTY INTERSCHOLASTIC ATHLETIC ASSOCIATION BOYS & GIRLS SWIMMING BY-LAWS Adopted August 31, 2016

1. The current year National Federation Rules, the NYSPHSAA Hand Book and the following OCIAA rules shall apply:
 - A. A minimum of seven (7) participants is required to compete on a team level. Team size is fixed from day one of the start of the competitive season.
 - B. A mandatory list of required dives for OCIAA League meets must be compiled and distributed by the Chairperson to all participating schools prior to the start of the dual meet season.
 - C. If the host school has inadequate facilities (i.e. - diving board, water depth, starting blocks, etc.) they must inform the visiting school so that there is prior written mutual consent to conduct the meet.
 - D. The host school must provide a minimum of one (1) timer per lane.
 - E. Radios and MP3 players are permitted on the pool deck, with referee's discretion.
 - F. Host team must report meet results to the Middletown Times Herald Record which is the OCIAA Official League Newspaper and to the Section IX Swimming website.
 - G. To participate in a League Swim Meet as an individual, all necessary paperwork should be on file before the first League Swim Meet.
2. Unsportsmanlike Conduct:
 - A. When a coach is ejected from a contest please refer to the NYSPHSAA Handbook, Sportsmanship Standard #27.
 - B. When a swimmer(s) is ejected or disqualified from a meet for unsportsmanlike conduct, the following action is required by the NYSPHSAA Regulation, detailed in Standard #27b.
 - i. (1) First ejection - that swimmer(s) cannot participate in the next scheduled meet.
 - ii. (2) Second ejection - that swimmer(s) cannot participate in the next two scheduled meets.
 - iii. (3) Third ejection - that swimmer(s) cannot participate in any remaining scheduled meets - including sectionals and any higher level of competition.
 - C. There is no appeal to a player(s) ejection. The official's decision is final and includes the following contest(s).
 - D. The official that ejected the swimmer(s) will notify the OCIAA Athletic Coordinator, prior to 12:00 p.m. the following day, with the name(s) of the player(s) and the type of infraction(s).
 - E. The coach of the swimmer(s) who was ejected will notify his/her Athletic Administrator. The Athletic Administrator will then contact the Athletic Coordinator's Office to confirm that the swimmer(s) will not be allowed to participate in that school's next scheduled meet or meets as required above.

F. A swimmer(s) that is ejected from a meet, will not be allowed to be present at the site of any meet that swimmer(s) has been disqualified from participating in (home or away).

G. For unsportsmanlike violations that occur during the OCIAA season, penalties will carry over into sectional play. NYSPHSAA unsportsmanlike conduct rules will apply after the completion of the league season.

3. Championships:

An individual must have completed in six (6) (amend to 3 – COVID) high school swim meets prior to participating in the Section IX Championship Meet/State Qualifier. This does NOT include the League Championship (OCIAA).

There will be two conferences: Division 1 and Division 2. The Conference Champion will be determined by the point system: 2 points for a win, 1 point for a tie (Conference meets only). If there is still a tie after using the point system, the following will be used to determine the conference champion:

- (1) Head-to-head between teams that are tied
- (2) If teams are tied after these tiebreaker procedures co-conference champions will be declared.

4. Awards: **Plaques** will be awarded to each boys and girls swim teams for the following:

- 2 OCIAA League Champions (Dual Meet Season)
- 2 OCIAA Championship Meet Winners (division 1 & division 2)
- 1 Section 9 Championship Meet Winner
- Medals:
 - Awarded to all finalists in the OCIAA championship. Individual and Relay Events – Top 3.
 - Section IX will award medals to – Top 3 and any other in-season NYS qualifier in that particular event.

OCIAA Patches: Each individual school may purchase their own patches if they choose to do so.

5. Safety Guidelines at Meets

A. Coaches shall actively supervise their swimmers and divers during warm-up sessions at meets.

B. The available number of lanes for swimming warm-ups must be equally divided between both schools.

C. There shall be no swimming under the diving board(s) while divers are warming up.

D. Backstrokers shall ensure that they are not starting at the same time as a swimmer on the block. Swimmers are not to step up on the block if there is a backstroke ready to start.

E. Warm-up procedures shall be enforced during any breaks scheduled during the competition.

F. Hazards on deck, in the locker rooms, or in areas used by coaches, swimmers, spectators, or officials shall be removed or clearly marked.

G. 11 Dive Dual Meet Guidelines

H. A minimum of 30 minutes of warm-up must be provided to the visiting team in the event of a late arrival.

I. Feet first entries in water depth less than 9 ft.

6. **Extra Heats** are permitted if both schools agree by **prior mutual consent (24 hours ahead of start of meet)**, unless involving a “**shadowing**” school or athlete (aka team of less than 7 athletes). All extra heats must precede the scoring heat according to NFHS Rules.

7. Rules Interpretation Meeting:

A Rules Interpretation Meeting will be held prior to each season.

8. Mergers:

A. Follow all section 9 rules, regulations and application process.

B. Follow all OCIAA & MHL rules, regulations and application process.

9. Shadowing:

A team of less than 7 members will be a “shadowing” team (determined on day one of the start of the competitive season). The shadowing team will follow an identified parent team’s dual meet schedule. It is the shadowing team’s responsibility, or its named representative, to make contact with the other two participating schools one day in advance to inform them of the additional heats that will be required due to permitting all athletes to participate in the number of required events by NFHS rules.

All athletes from shadowing schools should be given the opportunity to swim in the faster heats if their time warrants that type of placement.

10. Lane assignments are decided upon NFHS Rules and a “shadowing team” will use the lanes assigned to the parent team they are shadowing regardless of what heat they are swimming in.

11. If any shadowing swimmer's time is equal or better, parent or shadowed school's coach makes determination "shadowing" swimmers heat.

12. If the shadowing swimmer's time is said to be faster than the parent schools third swimmer, then the shadowing schools athlete will swim in the faster heat and the parent schools third swimmer will then be placed into the extra preceding heat. To avoid swimming in a heat alone the opposing school will move its third swimmer into the same preceding heat. You will score only the deeded or named ‘third’ swimmers designated by the coaches prior to the event. Any additional lanes maybe filled with extra swimmers as exhibition.

SECTION 5

(COVID- 19 Guidelines)

COVID Guidelines set forth by NYSPHSAA for 2020-2021 year
(Taken from NYSPHSAA “Return to Athletics document 2020-2021)

Swimming & Diving

The NYSDOH has determined that swimming & diving is a low risk sport (greatest ability to maintain physical distance and/or be performed individually; greatest ability to (1) avoid touching of shared equipment, (2) clean and disinfect any equipment between uses by different individuals, or (3) not use shared equipment at all).

On June 11, 2020 NYSDOH provided Interim Guidance for Pools and Recreational Aquatic Spray Grounds During the COVID-19 Public Health Emergency. Schools should review this guidance for swimming & diving teams.

The following is included in the aforementioned NYSDOH pool guidance:

- Ensure that all individuals maintain a distance of at least six feet from other individuals at all times, unless they are members of the same household or family unit, or safety or the core activity requires a shorter distance.
- o However, any time individuals are within six feet of individuals outside of their household or family unit and not in the water, they must wear an acceptable face covering that covers both the nose and mouth. Individuals must be prepared to don a face covering if another person unexpectedly comes within six feet.
- o For health and safety concerns, ensure face coverings are not worn by individuals while they are in the water;
- Limit the maximum size of any single group of people on the premise or in the water to 10 or fewer individuals; however, there may be more than one group on premise or in water so long as they are able to be separated by at least six feet;
- o Occupancy of the premise and pool should be limited to the number of individuals and groups who can be safely and appropriately spaced such that each individual and group is at least six feet away from others.
- o Ensure different groups of people are separated by at least six feet on the premise or in the water, to the extent possible;
- o However, if physical barriers are used to separate groups of individuals, they must not present a health or safety risk by obstructing supervision or impairing air flow, heating, cooling, or ventilation.

General Considerations:

- Swimming Warm-up Areas - Establish multiple sessions for warm-up periods to limit number of swimmers per lane. Restrict the number of swimmers in competition area. Limit number of swimmers per lane during warm-up and warm-down periods.
- Diving Warm-up Areas - Limit number of divers during warm-up by creating multiple sessions. During competition, divers may not approach the board until their turn to compete. Hot tubs should not be permitted. Dive order sheets should be posted in multiple areas to reduce number of divers viewing at the same time.
- Teams Seating and Lane Placement - Keep the teams on opposite sides of the pool.
- Preparing Athletes for Competition - Athlete clerking areas should be eliminated.

- Warm down for Relay teams – Keep proper social distancing of six feet.

Rule Considerations: • Conduct (1-3-2) - Recommend athletes to arrive at venue already in competitive attire or provide alternative accommodations for swimmers and divers to change that allows for six feet of social distancing. • Lap Counting (2-7-6, 3-4) - Only one person per lane should be permitted at turning end. Provide hand sanitizer and require lap counters to clean hands and wipe down devices. • Pre-Meet Conference (3-3-6, 4-2-1d) - Decrease number of participants or hold one conference with coaches and one meeting with captains. The referee can use P.A. system or starting system microphone to allow participants to hear but keep them properly separated. Participants in the pre-conference must wear masks and only one captain per team is allowed. • Meet Officials (4-8, 4-10, 4-11, 4-12, 4-13) - Officials responsible for information processing are often located together at a desk/table adjacent to the competition course or in an office/remote location. Develop alternative methods for submitting entries (3-2) and movement of nonelectronic information. Require a distance of six feet between individuals seated at the desk/table. • Timers (4-9) - Timers must assemble at the finish of each race, at the edge of the pool within the 6-8 feet confines of the lane which they are timing. • Submission of Entries to Referee (5-2) - Alternative forms of entry submission can be designed to reduce face-to-face interaction when submitting a proper entry, where/how/to whom entries are submitted, and a reduction or elimination of certain penalties currently attached to improper entries. • Relay Takeoff Judges and Relays (8-3) - Require all takeoff judging from the sides of the pool. Space relay swimmers apart from one another. • Diving Officials (9-6) - Alternative methods for submitting entries (3-2) and movement of nonelectronic information will be required. Recommendations include a distance of 3-6 feet between individuals seated at the desk/table. Create a six foot space between judges by spacing groups of judges on opposite sides of boards or on one side of the board on a multi-level platform.

Considerations for Officials: • Bring personal hand sanitizer. Wash hands frequently. • Don't share equipment. • Consider using electronic whistle. • Do not shake hands and maintain social distancing guidelines during pre and post-game ceremonies.

Considerations for Coaches: • Communicate your guidelines in a clear manner to students and parents. • Consider conducting workouts in "cohorts" of same students always training and rotating together in practice to ensure more limited exposure if someone develops an infection. • Keep accurate records of those athletes and staff who attend each practice in case contact tracing is needed.

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Considerations for Students: • Consider making each student responsible for their own supplies. • Students should wear their own appropriate workout clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every workout immediately upon returning home. • Bring own water bottle.

Considerations for Parents: A family's role in maintaining safety guidelines for themselves and others: • Provide personal items for your child and clearly label them. • Spectators should not congregate around the finish area. • In accordance with NYSDOH guidance (Interim COVID-19 Guidance for Sports and Recreation), only two spectators per participant are permitted. (Pg. 5)

Virtual Meets (Under COVID)

NFHS & NYSPHSAA VIRTUAL SWIMMING AND DIVING COMPETITION Considerations for High School Competition

The NFHS rules which govern high school swimming and diving competition assume that such competition will be “head-to-head” with ALL participants engaging in an environment that is identical for all and thus equitable to all. “Virtual” competition cannot provide such identical conditions, however. With that understanding, there are no NFHS rules provisions that would prohibit “virtual” competition when unique conditions, such as a pandemic, necessitate its use. The following practices and suggestions are a compilation of guidance from the NFHS and NYSPHSAA to guide member schools in overseeing “virtual” swimming and diving competition.

GENERAL CONSIDERATIONS • Competition for each team/school involved should take place in a venue that meets all requirements of Rule 2 (Pool, Lanes, and Equipment Specifications) and Rule 9 (Diving Competition), with special emphasis on risk minimization.

- Competition should be officiated by qualified personnel of sufficient number (see Rule 4-1-3) to assure fair results at each location. The meet must be conducted under the supervision of a meet referee who is a duly certified NFHS or state association registered official. The official(s) may not be coaches of any team involved in the meet.
- All rules regarding athlete, participation and conduct should apply; technical rules for competition (Rules 8 and 9) should be enforced. Entries shall follow all NFHS rules for each event.
- The course must be the same at each site. All teams must compete in short course yards or short course meters.
- NYSPHSAA has determined its member schools should follow NISCA standards for All-America qualifications.

SWIMMING • The NFHS suggests state associations consider whether a swimmer achieving a qualifying time from the “virtual” competition be permitted for any purposes other than deciding the outcome of the immediate “virtual” competition. NYSPHSAA has determined it will permit any qualifying times achieved during “virtual” competition may be used for postseason events.

- NYSPHSAA has determined fully automatic timing should be used when available.
- State associations may permit competition to be conducted using manual watches or semi-automatic timed results. Fully automatic timing is the most equitable in a “virtual” situation, but some facilities may not be able to offer that environment. Be aware that it will not be possible for the meet referee or other official to perform an across-the-board place pick to serve as a “check” on the times from stop watches/buttons. Regardless, the same timing protocol should be used at all venues involved in the “virtual” competition. There should be no mixing of fully automatic timing, semi-automatic timing, or manual watches.
- The NFHS suggests state associations consider whether “breaks” in the competitive program will be permitted in addition to the required break following the 50-yard freestyle. State association may need to stipulate the pace of the meet and determine if extended pauses between events will be permitted. NYSPHSAA has determined it will permit breaks during the competitive program, as needed, in addition to the required break following the 50-yard freestyle however breaks for both

teams must take place during the same points of the virtual meet. Example: If schools want a second break within the meet they must agree after what race the second break will occur.

- NYSPHSAA will follow NFHS rules pertaining to race configurations and diving order. Exhibition swimmers and divers will be permitted in a virtual meet but should be noted on entry cards.

DIVING • The NFHS suggests state associations consider whether scores from the “virtual” competition be permitted for any purposes other than deciding the outcome of the immediate “virtual” competition. NYSPHSAA has determined it will permit any scores from “virtual” competition to be used for postseason events.

- Determine whether a diver can achieve a qualifying score for subsequent competition via a “virtual” meet.

- Divers will be judged by different sets of officials. NYSPHSAA has determined a minimum of two certified judges must be used at each school.

Sept. 29, 2020

Section IX Contest Guidelines Winter 2020 - 2021

In an effort to bring consistency throughout our member districts, Section IX has developed a “Framework for Success” of best practices for interscholastic athletic contests for the winter season of 2020 - 2021.

1. The Host School shall abide by the district’s building plan for COVID-19 screening. Prior to entering the athletic venue, all athletes and support personnel (coaches, administrators, officials) will be subject to additional temperature check by site personnel.
2. The Visiting School will provide a roster to the Host School of all in attendance with contact information including current phone and email for purposes of contact tracing. The roster will include a box confirming each individual student has answered the Section IX health screening questionnaire and has been temperature scanned prior to departure from their campus (they will be temperature checked again by the Host School before attending the athletic venue).
3. Officials will arrive dressed with their completed printed Section IX health screening form to be handed in upon arrival. They will be subject to temperature scan prior to entering the venue.
4. Section IX’s Mask Policy is as follows:
 - A. Any Section IX contest played at a member school facility will follow that districts mask policy.
 - B. Any Section IX contest played at a neutral venue will follow the venues mask policy or NYSPHSAA mask policy whichever is more restrictive.
 - C. Sport specific policy: As of right now 11/16/20 only low and moderate risk winter sports are allowed. They include bowling, alpine and nordic skiing, boys swimming, winter track and gymnastics. The only sport specific mask policy is boys swimming which states: Swimmers will not wear a mask from the time they enter the starting block until the race is over and they exit the pool.
 - D. When high risk sports are allowed by the State those sports mask policy will be reviewed, as necessary.
5. Sanitizing stations will be placed by entry, exits, benches and bathrooms. Personal Protective Equipment (masks, gloves, etc....) will be made available by the host school.
6. Separate entrances and exits will be established (enter one way, exit another).
7. In an attempt to keep athletic events up and running, no spectators will be permitted until further notice.
8. When the Section determines it is safe to allow spectators, we will follow the guidelines established by the state and department of health. All spectators will be subject to temperature scans and health screening questionnaires will be mandatory of all spectators prior to entrance. Spectators will be seated socially distanced to separate bleachers (home - visitors). Family members will be permitted to sit next to each other. Masks will be required.

9. Athletes and coaches will arrive with their own water bottles clearly marked by individual names. Home schools will be required to provide water refilling stations. Each team is responsible for one designated person to refill the bottles and sanitize their team's refill station (one person only touching the surface of the refill station).
10. Isolation area will be established for anyone developing symptoms during the contest. In the event visiting coaches, athletes or game personnel develop a high temperature of 100 F or greater, that person will be directed to the predetermined isolation area of the home district until a ride home can be secured (parent/ guardian etc....)
11. Locker rooms will be used as changing rooms only; teams are encouraged to come dressed for the contest. Personal items will not be stored in the locker rooms. Department of Health capacity guidelines will be followed regarding student use of changing areas. Changing areas will be supervised by visiting team coaches and home personnel.
- 12 All shared equipment and spaces (benches) will be disinfected prior to and between contests.
13. Athletes should come taped and prepared. Injury to a visiting athlete is first evaluated by their coach. In consideration of social distancing guidelines, if additional medical care is needed, the coach will step away from the athlete to allow for the athletic trainer, doctor or site personnel to attend to the athlete.
14. Due to current Department of Health recommendations, athletes and coaches must refrain from pre- and postgame hugging, high fives, shaking hands or fist bumps.

Section IX Athletics Participation Screening Form

Athletes, Coaches and all visiting personnel participating in a Section IX Athletic Contest must answer all of the questions below prior to entering the bus and traveling to host school for an athletic contest. Completion of the Section IX Health Participation Screening Form will be documented on a roster checklist and handed to the site coordinator or designee at the host school.

To be read by a coach or designee and answered individually by each person traveling to the contest. Are you experiencing any of the following symptoms: Fever above 100F (37.8C), chills, cough, fatigue, shortness of breath, difficulty breathing, muscle or body aches, sore throat, new loss of taste or smell, headache, congestion, nausea, vomiting or diarrhea?

Required Answer Yes or No.

Have you tested positive for COVID-19 in the past 14 days?

Required Answer Yes or No.

Have you been told to quarantine by a medical professional or Department of Health representative in the last 14 days?

Required Answer Yes or No

Have you traveled in the past 14 days to a US State or Country designated as a high risk area by NYS/Federal Government?

Required Answer Yes or No

Has anyone in your home been infected with the Coronavirus within the past 14 days or currently waiting for results from a COVID - 19 Test?

Required Answer Yes or No

If you answered YES to any of the above questions, you are NOT CLEARED to participate or travel for an interscholastic athletic contest.

Section IX Officials & Support Staff Screening Form

Answer all of the questions below prior to entering the school of a Section IX Athletic Event. Completion of the Section IX Health Participation Screening Form must include contact information for contact tracing. All information will be held confidential. Print all of the requested information.

Name: _____ Email: _____

Cell Phone: _____

Event: _____

Event Date: _____ Site: _____ Level: _____

Please answer the following questions and submit completed form to Host Athletic Director or Designee. Are you experiencing any of the following symptoms: Fever above 100F (37.8C), chills, cough, fatigue, shortness of breath, difficulty breathing, muscle or body aches, sore throat, new loss of taste or smell, headache, congestion, nausea, vomiting or diarrhea?

Required Answer Yes or No.

Have you tested positive for COVID-19 in the past 14 days?

Required Answer Yes or No.

Have you been told to quarantine by a medical professional or Department of Health representative in the last 14 days?

Required Answer Yes or No

Have you traveled in the past 14 days to a US State or Country designated as a high risk area by NYS/Federal Government?

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Has anyone in your home been infected with the Coronavirus within the past 14 days or currently waiting for results from a COVID - 19 Test?

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If you answered YES to any of the above questions, you are **NOT CLEARED** to participate or travel for an interscholastic athletic contest