

2026-2027

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)**

Section IX Girls Swimming Contact list 2026-2027

School	Coach	Email	Phone
Kingston (Girls Chairperson)	Chris Sammons	csammons@kingstoncityschools.org	(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	Christiane Pryne	cpryne@cornwallschools.com	(845) 527-3708
FDR	Erin Daniels	erindaniels@hpcsd.org	(518) 755-8717
Goshen/Chester/Seward	Ed Kennedy	coachedkennedy@yahoo.com	(845) 541-2313
Marlboro/Highland	Amanda Creeden	amanda.creeden@marlboroschools....	(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	Lauren Lubarsky	llubarsky@necsd.net	(914)805-9523
New Paltz	Melissa Gruver-LaPolt	Mgruver@newpaltz.k12.ny.us	(845)-797-7258
Onteora	Jason Young	jasonyoung139@gmail.com	(845) 532-1163
Our Lady of Lourdes	Tom Bubel	tjbubel@optonline.net	(845) 235-2087
Pine Bush	John Barth	joniceb@yahoo.com	(845) 800-0875
Poughkeepsie	Galen Franchek	galenswim@gmail.com	(845)489-7973
Red Hook	Mackenzie Dabo	Mdabo@rhcsd.org	(845) 416-8516
Rhinebeck	David Aierstok	daierstok@rhinebeckcsd.org	(845) 905-6639
Valley Central	Tom Plitsch	Thomas.plitsch@vcsdny.org	(845) 514-0018
Wallkill	Kristina Heeren	KHeeren@wallkillcsd.k12.ny.us	
Washingtonville	Stefanie Sommer	Ssommer@wcsdk12.org	(908)307-1324
Warwick	Nicole Rose	nrose@wvcsd.org	914 805 0890
Section 9 Rules Interpreter	Alice Plitz	arplitz@optonline.net	(845) 242-2890

Times Herald Record Information

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

Try to post results to Swimcloud before 9 pm after all meets so that they may be reported in the next day's 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 IX Boys Swimming Contact list 2026-2027

School	Coach	Email	Phone
Boys Chairperson	Dan Wargo	dwargo@wcsdk12.org	(724) 454-2681
Beacon/Spackenkill	Larry Collins	collins.l@beaconk12.org	(914) 474-4277
Cornwall	Christiane Pryne	cpryne@cornwallschools.com	845-527-3708
FDR	Erin Daniels	erindaniels@hpcsd.org	(518)755-8717
Goshen	Matt Sass	matthew.sass@gcsny.org	973-879-4955
Kingston (Girls Chairperson)	Chris Sammons	csammons@kingstoncityschools.org	(845) 389-9644
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
Onteora	Patrick Burkhardt	jasonyoung139@gmail.com	(845) 532-1163
Our Lady of Lourdes	Eileen Bernhardt	etbernhardt@yahoo.com	845 396-3155
Pine Bush	Mike Reineke	Michael.reineke@pinebuschools.org	(845) 234-3422
Poughkeepsie	Galen Franchek	galenswim@gmail.com	(845)489-7973
Red Hook	Mackenzie Dabo	Mdabo@rhcsd.org	(845) 416-8516
Rhinebeck	Danielle Dugan	ddugan@rhinebeckcsd.org	212-433-0879
Rondout Valley	Heather Crowley	hcrowley@rondout.k12.ny.us	
Valley Central	Tom Plitsch	Thomas.plitsch@vcsdny.org	(845) 514-0018
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Warwick	Frank Woodward	kscldad@gmail.com	(845) 649-8627
Section 9 Rules Interpreter	Alice Plitz	arpitz@optonline.net	(845) 242-2890
Times-Herald Record	Varsity 845	sports@th-record.com	
OCIAA Office	Dan Morse	daniel.morse@ouboces.org	(845) 294-5799

Times Herald Record Information

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

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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.

2026 Girls Qualifying Time Standards					
Event	S9 A Cuts	S9 B Cuts	NYSPHSAA	AA Consideration	Automatic AA
200 Medley Relay	1 Per Team		1:52.35	1:46.15	1:43.97
200 Free	2:12.87	2:15.87	1:57.24	1:50.62	1:48.77
200 IM	2:31.50	2:34.50	2:12.84	2:03.71	2:01.55
50 Free	27.7	28.45	24.84	23.48	23:07
6 Dive	140	***			
11 Dive	250	***	440		
100 Fly	1:10.38	1:11.88	1:00.02	55.48	54.22
100 Free	1:01.00	1:02.50	54.36	51.03	50.17
500 Free	5:59.09	6:06.59	5:14.65	4:57.57	4:52.42
200 Free Relay	1 Per Team		1:41.69	1:37.03	1:35.36
100 Back	1:09.83	1:11.33	1:00.42	55.82	54.7
100 Breast	1:18.80	1:20.30	1:08.60	1:03.85	1:02.59
400 Free Relay	1 Per Team		3:42.73	3:31.02	3:27.43
“A Cuts” are automatic Section 9 qualifying times.					
• “B cuts” represent swimmers that COULD compete, if there are less than 32 “A Cut” athletes entered in an event.					
• “B cuts” are not an automatic entry into the Section 9 Championships.					
o For example, if 27 “A Cut” athletes are entered in the Section 9 Championships in the 100 Freestyle, then the next 5 fastest “B Cut” qualifiers entered the meet will be able to compete at the Section 9 Championships.					

Girl's NYSPHSAA Meet: Webster H.S. Rochester, NY November 20 & 21, 2026

2026-2027 Proposed Boys Time Standards

Event	S9 A Cut	S9 B Cut	NYSPPHSAA	AA Consideration	Automatic AA
200 Medley Relay	1 Per Team		1:40.27	1:33.75	1:31.90
200 Free	2:06.22	2:09.22	1:47.60	1:39.36	1:37.78
200 IM	2:24.83	2:27.83	1:59.11	1:50.77	1:48.84
50 Free	24.95	25.7	21.87	20.71	20.34
6 Dive	140				
11 Dive	250		450		
100 Fly	1:05.01	1:06.51	53.95	49.37	48.29
100 Free	56.2	57.7	48.76	45.3	44.6
500 Free	5:55.01	6:02.51	4:52.52	4:32.84	4:27.72
200 Free Relay	1 Per Team		1:30.07	1:25.20	1:23.81
100 Back	1:06.96	1:08.46	54.82	50.07	48.77
100 Breast	1:13.26	1:14.76	1:01.20	56.15	54.99
400 Free Relay	1 Per Team		3:18.87	3:07.33	3:04.29
“A Cuts” are automatic Section 9 qualifying times. • “B cuts” represent swimmers that COULD compete, if there are less than 32 “A Cut” athletes entered in an event. • “B cuts” are not an automatic entry into the Section 9 Championships. o For example, if 27 “A Cut” athletes are entered in the Section 9 Championships in the 100 Freestyle, then the next 5 fastest “B Cut” qualifiers entered the meet will be able to compete at the Section 9 Championships.					

Highlighted = Updated Qualifying Times

Boy's NYSPPHSAA Meet: Ithaca College Ithaca, NY March 5 & 6, 2027 (2028-2030) @ Nassau Aquatic Center)

SECTION 9 QUALIFYING PROCESS

Process of Meet Entry:

1. Coaches will submit their Section 9 Championship lineup via SwimCloud, adhering to the current limit of 36 entries per team.
2. All athletes that meet the “A Cut” time standard are automatically in the meet, once entered into their events. 3. Once the psych sheet is published on SwimCloud, the top 32 entries in each event are entered into the Section 9 Championship meet, including “B Cuts.”
4. No alternates will be “scratched into” the meet. (For example, the 33rd seed cannot replace the 32nd swimmer, if someone in the top 32 scratches.)
5. Coaches will be responsible for notifying athletes about this process.

SECTION 3

(Championship Meets)

OCIAA GIRLS CHAMPIONSHIP MEET GUIDELINES

October 22-24, 2026, @ Washingtonville (D2) and NFA (D1)

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 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

Online Entry (www.swimcloud.com)

**All coaches submit entries by Sunday, October 18, 2026, at 11:59 PM
No verification, entries will go live Monday October 19, 2026 at 8:00PM.**

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

Section IX 2026 Girls' Swimming & Diving Championships
Hosted at Valley Central
****Times are Tentative****

ENTRY DEADLINES

Online Entry (www.swimcloud.com)

All coaches submit entries by Sunday, November 1, 2026, at 5:00 PM (Tentative)
No verification, entries will go live at 9:00 PM Monday, November 2, 2026. (Tentative)

ONCE PSYCH SHEET GOES OUT ON Swimcloud – THERE ARE NO CHANGES to individual entries
ONLY SCRATCHES

Thursday, November 5, 2026 (Swim Prelims) – snow date is Friday, Nov. 6, 2026

Doors Open: 2:00 pm

Warm Up: Circle Swim, all lanes 2:30 pm – 3:50 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, November 6, 2026 (All of diving) –snow date is Saturday, Nov. 7, 2026 (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, November 7, 2026 (Finals) – snow date is Sunday, Nov. 8, 2025 (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 to warm up at your own facility, please notify Tom Plitsch or Chris Sammons 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.

**2026 NYSPHSAA Girls Swimming and Diving
Voluntary Dive Schedule
Dive of Week**

Week	Dive Group
Aug 30 – Sept 5	100 (Front)
Sept 6 – Sept 12	100 (Front)
Sept 13 – Sept 19	200 (Back)
Sept 20 – Sept 26	400 (Inward)
Sept 27 – Oct 3	5000 (Twist)
Oct 4 – Oct 10	300 (Reverse)
Oct 11 – Oct 17	100 (Front)
Oct 18 – Oct 24	200 (Back)
Oct 25 – Oct 31	400 (Inward)
Nov 1 – Nov 7	5000 (Twist)
Nov 8 – Nov 14	300 (Reverse)
Nov 15 – Nov 21	100 (Front)

3/30/26

- ✓ 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.

OCIAA BOYS' CHAMPIONSHIP MEET GUIDELINES
January 29-30, 2027, Site: NFA (D1) and Washingtonville (D2)

- **Coaches must submit their entries via the online entry form at www.swimcloud.com.** •
- 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 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

Online Entry (www.swimcloud.com)
All coaches submit entries by Sunday, February 1, 2025, at 11:59 PM.
No verification, entries will go live February 2, at 8:00PM.

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

Section IX 26-27- Boys' Swimming & Diving Championships

Hosted at Valley Central

****all times tentative**

ENTRY DEADLINES

Online Entry (www.swimcloud.com)

All coaches submit entries by Saturday, February 6, 2027, at 11:59 PM (tentative) No verification, entries will go live after the deadline.

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

Thursday, February 11, 2027 (Swim Prelims) - snow date is Friday, Feb. 12, 2027 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 12, 2027 (all of Diving) – snow date is Saturday, Feb. 13, 2027 (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 13, 2027 (Finals) – snow date is Sunday, Feb. 14, 2027

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:

- If you plan on warming up at your own facility, please notify Tom Plitsch or Dan Wargo 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.

2025-2026
NYSPHSAA BOYS Swimming and Diving
Voluntary Dive Schedule
Dive of the Week

Week	Dive Group
Nov 20 – Nov 26	100 (Front)
Nov 27 - Dec 3	100 (Front)
Dec 4 – Dec 10	200 (Back)
Dec 11 – Dec 17	400 (Inward)
Dec 18 – Dec 24	5000 (Twist)
Dec 25 – Dec 31	5000 (Twist)
Jan 1 – Jan 7	300 (Reverse)
Jan 8– Jan 14	100 (Front)
Jan 15 – Jan 21	200 (Back)
Jan 22 – Jan 28	400 (Inward)
Jan 29 – Feb 4	5000 (Twist)
Feb 5 – Feb 11	300 (Reverse)
Feb 14 – Feb 18	100 (Front)

- ✓ 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 5/7/2024: NYSPHSAA Boys Swimming and Diving Committee

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 Handbook 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

- Extra Heats (exhibition 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). See below – 9 Shadowing.

- All extra heats must precede (come before) 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 & MHAL 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 contact 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 school's 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 IX

Unsportsmanlike Conduct Rule

Sportsmanship: The NYSPHSAA and Section IX 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 AND Section IX 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.

As of July 1, 2013, the Dignity for All Students Act (Dignity Act-Section 52.2, Part 80 and 57-4) is to provide all public-school students with an environment free from harassment, bullying (including cyber bullying) and discrimination, as well as to foster civility in public schools. The Dignity Act focuses on the prevention of discrimination behaviors, including harassment/bullying through the promotion of educational measures meant to positively impact school culture and climate, which includes the interscholastic programs. Use of derogatory or racially explicit language; discriminatory harassment or bias conduct that creates a hostile

environment that is disruptive to the educational environment. Spectators shall not be permitted to use vulgar/offensive or racially/culturally insensitive language or engage in any racially/culturally insensitive action. NYSPHSAA Sections may sanction, censure or place schools on probation that fail to address derogatory or inappropriate behavior deemed harmful to physical or mental well-being for those involved in interscholastic activities. (July 2023)

1. Coach (**There is no appeal to a coach ejection. The official's decision is final.**) (Please refer to the **NYSPHSAA Handbook – Sportsmanship; Standard 28**): 1. Any coach excluded by a certified official from an interschool competition for unsportsmanlike conduct 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. Disqualification from one season carries over to the next season of participation. **The coach may not be present at the game site** or 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 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.

Any coach:

- A.** Who receives a disqualification penalty in a sport shall not participate in the next regularly scheduled contest;
- B.** Who receives a second disqualification penalty in the same sport in the same season shall not participate in the next two regularly scheduled contests;
- C.** 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 (regular season or post schedule play), the Section Athletic Council will assess the penalty carrying over into the next season of participation.
- D.** The Section IX Athletic Council will have the authority to extend the period of ineligibility in those cases where the actions of the individual that was disqualified from a contest or scrimmage are warranted. The period of ineligibility cannot exceed one year from the date of the disqualification.

2. A coach who strikes, shoves, kicks, or makes other physical contact with the intent to do so to another person (e.g., official, another coach, player, fan) shall be expelled immediately and banned from further participation or coaching in all sports for one year from the date of the offense.

3. The coach that was ejected will notify his/her Athletic Director of the incident on the same day that it occurred. The Athletic Director will then contact the League Coordinator as the coach(s) will not be allowed to participate in the school's next scheduled game/games as above.

4. **Player Ejections:** (**There is no appeal to a player ejection. The official's decision is final.**) 1. Any member of a squad ruled out of a contest for unsportsmanlike conduct (flagrant foul, two technical fouls in basketball, two yellow cards, red card, inappropriate language or taunting, fighting, etc.), the following action is **required** by the NYSPHSAA Regulations detailed in Standard #28:

- A.** First Ejection – that player(s) cannot attend or participate in the next scheduled contest **in that sport**. If the season has ended the player(s) cannot attend or participate in the next scheduled contest in his/her next season of participation. **NOTE:** In the sport of football, a player who is disqualified for "targeting" (by a certified official) may not participate in the next two halves. (**May 2022**)
- B.** Second Ejection – that player(s) cannot attend or participate in the next two scheduled contests

in that sport. If the season has ended the player(s) cannot attend or participate in the next two scheduled contests in his/her next season of participation.

C. **Third Ejection** – that player(s) cannot attend or participate in any remaining scheduled contests for the remainder of that sports season – including sectional, regional and state contests. If the season has ended the player(s) cannot attend or participate in the next three scheduled contests in his/her next season of participation.

D. The Section IX Athletic Council will have the authority to extend the period of ineligibility in those cases where the actions of the individual that was disqualified from a contest or scrimmage are warranted. The period of ineligibility cannot exceed one year from the date of the disqualification.

•*For the sport of Football only:* Any member of a squad ruled out of a contest for unsportsmanlike conduct or for a flagrant foul will have the following occur:

A. **First Ejection** – that player(s) cannot participate in the next two (2) consecutive halves in that sport. If the season has ended the player(s) cannot attend or participate in the next scheduled contest in his/her next season of participation.

B. **Second Ejection** – that player(s) cannot participate in the next four (4) consecutive halves in that sport. If the season has ended the player(s) cannot attend or participate in the next two scheduled contests in his/her next season of participation.

C. **Third Ejection** – that player(s) cannot attend or participate in any remaining scheduled contests for the remainder of that sports season. If the season has ended the player(s) cannot attend or participate in the next three scheduled contests in his/her next season of participation. **Please note: Disqualifications from one season will carry over to the next season of participation.**

5. Any member of the squad who strikes, shoves, kicks, or makes other physical contact with the intent to do so to an official shall be expelled from the game immediately and banned from further participation in all sports for one year from the date of the offense. **NOTE:** “Member of the squad” includes player, manager, scorekeeper, timers, and statisticians.

A. **Communication Responsibilities regarding ejections:** 1. The official who ejected the player(s) or coach shall notify the League Coordinator prior to 12:00 Noon the following day of the name(s) of the player(s) or the coach and the infraction(s). The League Coordinator shall notify the Athletic Director of the offending school. 2. The coach of the player(s) who was/were ejected will notify his/her Athletic Administrator by 12 noon the following day. The Athletic Administrator must report the ejection to their respective League Coordinator by 12 noon the following day.

6. **Misidentified Player:** Disqualification of a player may only be challenged on the basis of misidentification. The misidentification must be established by clear and concise evidence. The school shall identify the offending player who will serve the prescribed penalty. **(Dec. 2010)**

II. **Official:** 1. Unprofessional conduct on the part of 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 incident and to report their action to the Section in a timely manner.

Spectator Policy at Athletic Contests:

1. Expectation Statement: Officials, just like student athletes and coaches, are critical to interscholastic sports programs. Without officials, NYSPHSAA and its member schools would not be able to provide interscholastic sports in the manner that is desired and expected by student athletes, coaches, and parents. Spectators are expected to “Be Loud, Be Proud, and Be Positive.” Negative comments and inappropriate behaviors by spectators are required to be addressed by all and any school supervisors and administrators, as a member of NYSPHSAA. Spectators may be prohibited from attending current

and future interscholastic contests based on their behavior. (Oct. 2022)

2.Spectator Regulation: Any negative, inappropriate, derogatory comments or actions that draw the direct attention of a supervisor or school administrator by a spectator or group of spectators are required to be addressed by the host school, Sectional or NYSPHSAA representative in the following non-sequential order depending on the comments or behavior:•First warning – Directing the spectator or group of spectators to refrain from any negative comments or actions.

•Second warning – A personal discussion with the spectators or group of spectators on the above NYSPHSAA expectations and reminding the spectators or group of spectators of the next step, removal of the game or event, will be utilized if the behavior continues.

•Removal from the contest – The spectator or group of spectators will be directed to leave the facility for the remainder of the game or event. If spectators or group of spectators refuse to leave the game or event, play will be stopped until they vacate the premise.

Penalty for being removed from a game or event:

Any spectator removed from a game or event **will have a minimum penalty of completing the NFHS Parent Credential course or a one game suspension before they are allowed to attend any interscholastic event.** Once the course is completed the spectator will provide a certificate of completion to the athletic department office. Schools are required to communicate with the offending spectator on the NYSPHSAA Sportsmanship Spectator Expectations.

• Depending on the severity of the behavior/comments or future disqualifications by the offending spectator NYSPHSAA and the Section may get directly involved in the situation. **(May 2023) • NFHS Parent Credential Course Link:** <https://nfhslearn.com/courses/positive-sport-parenting>